

Broccoli Apple Salad

Prep Time: 10 minutes

Broccoli Apple Salad Recipe:

4 cups small broccoli florets
3 cup organic apples – unpeeled & diced
2/3 cup organic raisins
1/2 cup broken walnuts
2 tbsp veganaise

Instructions:

Mix the ingredients well and serve in a bowl.

Variations:

You can replace veganaise with a mix of cashews, spices and water.

Cheats:

Make sure to get the truly vegan veganaise if you choose to use this.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org