

BROCCOLI SLAW WITH BLUEBERRIES

By Avie Rosacci

Serves 6

Ingredients:

4 cups of broccoli; to include stems

1 cup carrot; grated

½ red onion; diced

1 cup fresh blueberries

¾ cup real mayonnaise

2 Tbsp. honey

1 Tbsp. apple cider vinegar (with mother for more probiotics)

⅓ cup sunflower seeds (raw preferred for nutrient benefit)

Salt and black pepper to taste (if using salted sunflower seeds, take into consideration before salting)

Instructions:

Wash all veggies and begin chopping. When prepping broccoli stems, peel first then chop into thin 1" long matchsticks (or diced).

Place all chopped and grated vegetables into mixing bowl; set aside.

In small mixing bowl, blend mayo, honey and apple cider vinegar with whisk until well blended. Pour over vegetables and toss to coat. Toss in blueberries and sunflower seeds and gently fold in.

Can be served immediately or best to let the flavors meld for a few hours.

Nutrition facts per serving

Calories: 332 - Protein: 5.3 grams - Carbohydrate: 19 grams - Fat: 27.7 grams