



# LOVES FOOD

## **BROCCOLI & APPLE SALAD**

### **INGREDIENTS:**

- 1 medium head of broccoli cut up into small pieces (2 small heads)
- 2 apples of your choice cut 4 ways and then into triangle slices
- 1 small red onion diced
- 1 cup raisins
- 1 cup white vinegar
- 1 tablespoon olive oil
- 2 cloves garlic crushed
- 1 tablespoon honey
- Half a teaspoon of salt
- Half a teaspoon black pepper
- 3 tablespoons of mayonnaise

### **METHOD:**

1. Wash broccoli under running water.
2. Cut the florets from the stalks and set the stalks aside.
3. Cut the florets into very small pieces and place in a large bowl.
4. Cut the hard, outer skin off of the stems to get down to the tender inside. Discard the outer peelings.
5. Cut the tender inside stems into matchsticks. The idea is to have very small sticks of raw broccoli stems. They will hold their shape.
6. Add to the large bowl along with the florets. Add the apples, red onion and raisins
7. In a medium bowl whisk together all of the dressing ingredients (honey, salt, pepper, vinegar and mayonnaise)
8. Add the dressing to the salad and toss.
9. Chill until ready to serve.

### **SERVING SUGGESTION**

This salad makes a wonderful side to any meal. For warriors who do not like raisins in their salads, you may add sweets corn or grated carrots instead.

Enjoy!

With love,  
From Famous Warrior's kitchen