

# ‘Detox’ Salad

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-salad-recipe-with-broccoli-and-cauliflower>

## Ingredients:

- 2 broccoli crowns
- 1 head cauliflower
- 3 carrots
- 1 bunch kale stems removed
- 1/2 cup parsley
- 1/2 cup sunflower seeds
- 1/2 cup almonds chopped
- 1 cup berries dried, cherries, cranberries, blueberries
- 1/2 cup raisins
- 1 lemon
- 2 tablespoons rice vinegar or other mild flavored vinegar
- 2 tablespoons maple syrup
- pepper
- salt