

# Kalyn's Tabbouleh with Almonds

Yield: 5 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tabouli-recipe>

## Ingredients:

- 1 cup tabbouleh mix, Fantastic Foods brand is my favorite in a box, or use bulk mix from the health food store
- 7/8 cup water
- 1/4 cup olive oil
- 1 tablespoon fresh lemon juice
- 1 cup finely chopped fresh parsley measure after chopping
- 1/2 cup chopped fresh mint finely, measure after chopping
- 2 cups slivered almonds or less, to taste
- Spike Seasoning to taste, about 1-2 tsp., highly recommended, I would never leave this out
- salt or Vege-Sal, to taste

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 32 grams
3. Fat: 32 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 3 grams
7. Sodium: 170 milligrams
8. Sugar: 2 grams

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