

Vegan Broccoli Salad

Yield: 6-8 servings

Ingredients:

1 head broccoli, cut into bit-sized pieces

1/2 cup shredded carrot

1/2 cup red onion, finely chopped

1 avocado

1 tbsp Earth Balance Mindful Mayo

2 tbsp raisins

2 tbsp raw apple cider vinegar

2 tbsp Dr. Fuhrman's Riesling Raisin Vinegar

2 tbsp fresh lemon juice

1 tbsp date syrup or pure maple syrup

1/2 tsp minced garlic

1/2 cup unsweetened non dairy milk of choice

1/4 cup raw sunflower seeds

1/4 cup raisins

Fresh black pepper, to taste

Directions:

In a cuisinart fitted with an S-shaped blade, blend avocado, mayo, date or maple syrup, lemon juice, vinegar, garlic, and non-dairy milk until smooth.

In a large bowl, add broccoli, carrots, onion, raisins, and sunflower seeds. Add dressing to bowl and stir until well coated. Season with fresh black pepper and chill in the refrigerator. Serve immediately.