

# Broccoli Salad

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1 or 2 heads of broccoli, cut to bite size pieces (including stalk)

1/4-1/2 cup untreated raisins

1/4 cup chopped onion

1/4 cup raw sunflower seeds

olive oil drizzled

1/4-1/2 (or to taste) almond spread or  
vegan mayo

1 or 2 Tbsp. (or to taste) honey

1 tsp apple cider vinegar

sea salt (to taste)

black pepper (to taste)

Combine all ingredients together and enjoy!

Recipe from “Happy and Healthy Eating” cookbook by Cynthia Sumner.

