

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Toasted Sesame

Shredded Brussel Sprout Salad

Salad

4 cups baby Brussel sprouts, base stem removed, then shredded

1 cup shredded carrots

1/2 cup raw hazel nuts, chopped

1/2 cup raw sunflower seeds

1/2 cup dried cranberries, chopped

Dressing

2 Tbsp raw apple cider vinegar

1 Tbsp flax oil

1 Tbsp toasted sesame oil

1 Tbsp raw honey

1 Tbsp raw mustard

2 tsp raw coconut aminos

1/2 tsp curry powder



Use baby Brussel sprouts if possible. They have more flavor. Cut off the stem end and place in a food processor, fitted with the “S” blade. Process till broken down to small bites. Place in a large bowl.

Add shredded carrots, hazel nuts, sunflower seeds, and cranberries. Toss together with hands.

In a separate bowl; Whisk together the coconut aminos, flax oil, sesame oil, vinegar, honey, mustard and curry powder. Pour the dressing over the salad and toss to coat.

This salad tastes even better the next day so make ahead of time and refrigerate over-night if you can.

Recipe found at nouveauraw.com by Amie Sue.

<http://nouveauraw.com/raw-recipes/salads/toasted-sesame-shredded-brussel-sprout-salad/>