

# Savory Sweet Broccoli Salad

2 C. broccoli chopped bite size

2 C. kale chopped bite size

2 t. fresh fennel seed or leaves or 1/4 t. dried powdered fennel seed

(Fennel is carminative, helps support better digestion of the broccoli and kale, and tastes so yummy!)

1/2 small onion diced- (optional, not everyone loves raw onions, use 1/4 t. powdered onion instead)

1 garlic clove finely diced (optional, use 1/8 t. powdered garlic instead)

1 apple cored and finely chopped

1/2 C. raisins

1/4 - 1/2 C. sunflower seeds or walnuts chopped

1/4 C. extra virgin olive oil

1 T. apple cider vinegar

1/2 t. Himalayan, Real, or sea salt

Pepper to taste

Dash of smoked paprika- (optional)

Wash and prepare each of the fresh ingredients and add them into a bowl. Add remaining raisins, sunflower seeds, oil, vinegar, and seasonings. Toss the salad and let it marinate in the fridge for 15-30 minutes. Enjoy! This serves about 4-6 people.

Recipe by Kelly Pomeroy