



Shredded Creamy Brussels Sprouts Salad

4 servings

15 minutes

Ingredients

30 milliliters Extra Virgin Olive Oil
15 milliliters Apple Cider Vinegar
10 grams Dijon Mustard
57 grams Plain Greek Yogurt
13 grams Maple Syrup
Sea Salt & Black Pepper
352 grams Brussels Sprouts (trimmed and very thinly sliced)
61 grams Parsley (chopped and packed)
1 Apple (cored and thinly sliced)
43 grams Pumpkin Seeds (toasted)

Directions

- 1 In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
- 2 Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

Notes

Dairy-Free: Use plain coconut yogurt instead of Greek yogurt.

Leftovers: Store in an airtight container in the fridge for up to 3 days.

More Protein: Add sliced chicken breast, bacon or toasted chickpeas.