

FULLY LOADED GREEN SALAD

Makes 4 serves, but hey if you have more that is fine! Goes well with all the protein options

Per serve

With Dressing 339 calories, Fat 22g, Protein 11g, Carbs 28g, fibre 5g

Without Dressing 156 calories, Fat 8g, Protein 10g, Carbs 13 g, fibre 5g

INGREDIENTS

2 cups of lettuce shredded - get a good mix

1 cup of rocket

1 cup of spinach

1 large cucumber cubed

2 large tomatoes cubed

1 large carrot grated

2 radishes thinly sliced

1 cup of beans (edamame or green beans) or cooked broccoli

¼ red onion diced finely

¼ cup of seed mix - sunflower, pumpkin, flax & sesame are good options

100g Feta or ½ of a medium avocado

Dressing

- ¼ cup dijon mustard
- ¼ cup maple syrup
- ¼ cup apple cider vinegar
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup olive oil

DIRECTIONS

Mix dressing ingredients together in a small jar

Combine salad ingredients

Pour on dressing just prior to serving