

SALAD JAR

Makes 4 Jars

Per Jar - Calories: 450 kcal, Protein: 14 g, Carbs: 45g, Fat: 22g

INGREDIENTS

1 can of beans drained and rinsed - chickpeas, butter or kidney

1/2 cup of cooked quinoa

1/2 cup of chopped cucumber, grated carrot, grated beetroot & tomato

2 tablespoons of toasted seeds - pumpkin + sunflower

2 cups of lettuce shredded

4 tablespoons of dressing

Dressing:

2 tablespoons of apple cider vinegar

1/4 cup of olive oil

1 teaspoon of mustard

1 small garlic clove minced

Salt and pepper to taste

DIRECTIONS

Have 4 containers clean and ready

Place dressing in the base of each

Then beans

Then Quinoa etc

Lettuce should be the final layer

Leave in the fridge then shake and serve

Have with some boiled eggs or canned fish