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## Rawlicious Red Cabbage & Orange Salad with a Raw Thousand Island Dressing

Full of vibrant colour and life, and the most delicious vegan thousand dressing ever, combines to bring a delight full of benefits to your dinner table. Also great for those on a soya-free diet.

### INGREDIENTS

- ½ red cabbage, cut into thin strips
- 1 medium sized onion, cut into thin strips
- 1 orange, peeled & chopped into medium pieces
- 1 Tbsp sunflower seeds
- 1 tsp flaxseeds
- ¼ zucchini, sliced into thin strips

## METHOD

Place the above ingredients in a serving bowl then make your dressing as follows :

## 0 Share DRESSING

cup raw cashews, soaked and drained

tsp (10 mL) agave nectar

a sundried tomato (or 1 full Tbsp of ketchup if you are not making it totally raw)

medium sized ripe tomato (remove seeds if you wish)

½ cup (125 mL) water

salt to taste (optional)

2 Tbsp (30 mL) freshly squeezed lemon juice

## METHOD

Place all the ingredients, except for the water, in a liquidizer, and, adding a little water at a time, process until smooth. The consistency should be like that of a thousand island dressing – use your own judgment in terms of how much water to add – you may need a little less, or a little more, depending on your personal preference.

Bon Appétit !



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*These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !*

**suitable for vegans, vegetarians and meat-eaters alike**



**Best-Ever Baklava**

**Split Pea, Spinach & Leek  
Soup**



## 19 COMMENTS

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**Michael (from Facebook)**

*September 26, 2012 at 3:08 pm*

Shared on Facebook! 😊

Now here's something from garden and grove that's good for you! I also like the idea of the raw Thousand Island dressing which would probably have a better taste, without being too fatty, eggy, or mayo-like. 😊

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**Miriam**

*September 26, 2012 at 3:57 pm*

Really well and truly a better intro than my own especially for describing my Thousand Island dressing dear Michael, so thanks for that and as always we look forward to your future comments on my blog. Best & Cheers to you !

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**Marie Thompson**

*September 27, 2012 at 3:23 pm*

Thank you for this. I am looking for a raw ranch? 😊

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**Miriam**

*September 27, 2012 at 4:59 pm*

Hi Marie and welcome here. Hope you make and enjoy this – come back and let me know what you think ! Best wishes your way and Cheers to you !



**Lisa**

*October 15, 2012 at 2:01 pm*

Love this! Making it tonight!

All your recipes look amazing..

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**Miriam**

*October 15, 2012 at 2:49 pm*

Lisa Hi there and welcome here. Thanks for your compliment and do let me know how it goes as and when. Enjoy and best wishes to you !

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**Peggi**

*October 15, 2012 at 3:33 pm*

Great salad, had for lunch, yummy dressing. Ta

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**Miriam**

*October 15, 2012 at 5:00 pm*

Hi there Peggi and thanks for your feedback. I am delighted that you have made and enjoyed this salad. Best wishes to you !

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Blog



**Miriam**

*October 31, 2012 at 3:09 pm*

Thanks for the Pinback.

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**Nici Richter**

*December 10, 2012 at 2:43 pm*

Hello Miriam – thank you for these wonderful recipes. I am totally in awe of your skill! Kind regards Nici Richter, Johannesburg, South Africa



**Miriam**

*December 10, 2012 at 2:56 pm*

Nici Hi there and thanks for putting a smile on my face with your very gracious words ! Very best wishes your way, and I very much look forward to your future comments on my blog !



**Yvonne**

*February 8, 2013 at 3:32 am*

I am beyond excited to have found your website and facebook page today. All of your recipes look beyond exquisite and I am so looking forward to trying many of them, if not all! Thank you so much!





**Miriam**

*February 8, 2013 at 6:06 pm*

Hi there Yvone and welcome here. Thanks for your wonderful comment – I very much look forward to receiving your feedback as and when Yvonne. Cheers & Enjoy !

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**Merle**

*September 6, 2013 at 9:37 am*

I have made this today very nice



**Miriam**

*September 6, 2013 at 11:07 am*

Merie so glad you enjoyed this ! 😊



**Beth V.**

*January 7, 2014 at 9:19 pm*

I absolutely love this salad! The dressing is amazing and is so good on everything! 😊



**Miriam**

*January 9, 2014 at 5:57 pm*

Beth Hi, I must say, I totally agree with you ! The dressing is sublime and may be used for so many other salads etc ! Hope you enjoy my other recipes ! 😊

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