

# **Broccoli Cauliflower Salad**

## **Prep time:**

15 minutes

## **Yields:**

6 servings

## **Ingredients**

- 3/4 cup raw cashews, soaked ideally overnight but at least 1 hour
- 1/4 cup water
- 2 tbsp pure maple syrup
- 2 tbsp apple cider vinegar
- 1/2 tsp minced garlic
- Salt and pepper to taste

For the salad:

- 1 large broccoli crown (florets only), finely chopped
- 1 large cauliflower crown (florets only), finely chopped
- 1/2 cup grated carrot
- 1/3 cup toasted sunflower seeds
- 1/2 cup diced red onion
- 1/3 cup dried cranberries or raisins

## **Directions**

1. Drain cashews. Add to blender with with rest of the dressing ingredients. Blend until completely smooth and creamy.
2. Place all salad ingredients in a medium or large mixing bowl. Add dressing and toss thoroughly to coat. Season with salt and pepper to taste. Serve chilled.