

DETOX SALAD WITH TAHINI DRESSING

INGREDIENTS

- ¼ cup red cabbage
- 1 cup cooked organic chickpeas
- 1 cup organic baby spinach
- 1 cup mixed lettuce
- 1 cup of alfalfa sprouts
- ½ red capsicum
- ½ lebanese cucumber
- 1 bunch of brocollini
- ½ cup of cooked quinoa
- ½ cup grated carrot
- ¼ cup sunflower seeds
- ½ avocado
- Optional: grated beetroot, goat's fetta, spring onions or other allowable foods.

TAHINI DRESSING

- 1 cup of unhulled tahini
- ½ cup fresh lemon juice
- 1 garlic clove
- Blend and add purified water until you get a runny consistency.

METHOD

- Prepare ingredients and put in a mixing bowl.
- Prepare the dressing and add to the ingredients, mixing the dressing through.

Credit to Fin Mackenzie



DETOX