



# RAINBOW SALAD

---

## **Salad - Serves 8-10 as a Side**

*1/2 Red Cabbage, finely shredded  
2 zucchini, julienne or spiral  
1 carrot, julienne  
1 red capsicum, julienne  
1 bunch coriander, chopped  
1 bunch mint, chopped  
2 Avocados*

*2 tablespoon cranberries  
1 tablespoon sunflower seeds  
1 tablespoon pepita seeds  
1 tablespoon black sesame seeds  
4 tablespoons tamari almonds*

## **Tamari Nuts**

*1/2 teaspoon tamari  
1/2 teaspoon maple syrup*

*Mix together and bake 10 minutes*

## **Dressing**

*1/4 cup Olive Oil  
2 tablespoon Tamari  
1 tablepoon Maple Syrup  
1 tablespoon lime juice  
2cm piece grated ginger  
salt and pepper to taste*

*Put all salad ingredients into a bowl except for the avocado, seeds and nuts, mix well with hands. Mix dressing ingredients in blender and pour over salad, serve with Avocado and seeds and tamari nuts on top.*