

“MISH MASH” SALAD WITH FRENCH DRESSING



Mish Mash Salad - With Fermented Cabbage.

I love to eat a “mish mash” salad for lunch with just a bit of this and that all chucked together. The more colourful the better. This salad starts with bed of salad leaves and then has 1/2 an avocado, 1 hard boiled egg, couple of tablespoons of red cabbage sauerkraut (this is Be Nourished brand) with a sprinkling of almond nuts and seeds (pumpkin and sunflower) as well as some croutons made of toasted grain-free bread. What really finishes the salad of taste-wise is the drizzling of French dressing over the top. Yum!

To make the dressing just combine 1/4 cup of apple cider vinegar with 1/2 macadamia (or olive) oil, 1 tablespoon of Dijon mustard, 1/2 teaspoon of maple syrup and 1/4 teaspoon sea salt. Shake vigorously and pour what you like on your salad. The rest will keep in fridge for up to a week.