



Napa Cabbage, Cucumber and Broccoli Salad

ingredients

SALAD:

1 English Cucumber, sliced
1 1/2 c Napa cabbage
2 c broccoli florets and stems
sea salt and pepper

DRESSING:

1t coconut oil
4 green onions
Juice and zest of 1 lemon
1T garlic (2 cloves)
5T coconut milk
1T rice wine vinegar
sea salt and pepper

directions

- Combine all salad ingredients together in large bowl.
- Combine all ingredients for dressing in a blender and blend until well combined.
- Pour dressing over salad and toss well right before serving.

Macros: 6 servings

Protein 1.7G	Cal 73
fat 6g	carbs 5.5