



# K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- 1 large broccoli head (1.5 bags chopped broccoli) chopped into bite size pieces
- 1 honeycrisp apple, chopped
- 1 pound cooked/chopped bacon
- 1 small sweet onion, finely chopped
- 1/3c roasted pumpkin seeds
- 1/2c rough chopped pecans
- 1C avocado mayo
- 1/4c monk fruit sugar
- 2T lemon juice
- 3T apple cider vinegar
- salt/pepper to taste

## BAB salad

(Broccoli Apple Bacon)

## Preparation

1. Combine the first 6 ingredients in a large bowl and mix.
2. In a small bowl, whisk the dressing ingredients and stir into salad.
3. Chill in the refrigerator 1-2 hours before serving.

## Tips

This salad is so delicious that you'll be making it all summer (or any season).

If you know you'll have leftovers, top salad with nuts instead of mixing in because they get soggy overnight and lose their flavor, unlike the broccoli and bacon that stay strong.

This recipe was slightly modified from the instagram account [@Low\\_Carbology](#).