

Broccoli Berry Apple Salad



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 1 large or 2 small heads broccoli, chopped into floweretts
- 1.5 lbs strawberries, sliced
- 2 honeycrisp or crisps sweet apples, chopped
- 1 large avocado, chopped
- 1/2C slices almonds
- 3/4C Crasins or dried cherries
- Light Poppy Seed dressing
- 1t onion powder
- Salt and pepper to taste

Preparation

1. Mix all ingredients.
2. Pour 1 C dressing, onion powder, salt and pepper to taste. Pour over salad and toss.
3. Cover and chill for at least 1 hour.

Tips

1. Add the avocado at the end so as not to lose the texture.
2. The larger the strawberry slices, the better they will last.