



Maple Mustard Broccoli Salad

INGREDIENTS

- 1 large or several small broccoli pieces
- 1/2 a red onion
- 1 apple
- 1/4 cup pumpkin seeds
- 3 Tbsp extra-virgin olive oil
- 1.5 Tbsp apple cider vinegar
- 2 Tbsp Dijon mustard
- 1 Tbsp maple syrup
- 1 clove garlic minced
- sea salt & freshly ground black pepper

DIRECTIONS

1. Chop both the florets and stalk of the broccoli into small pieces.
2. Finely dice the red onion.
3. Slice the apple into thin matchsticks.
4. Combine in a bowl with the pumpkin seeds.
5. In a separate bowl, whisk together the olive oil, apple cider vinegar, dijon mustard, maple syrup, minced garlic and a generous sprinkle of salt and black pepper.
6. Pour the dressing over the broccoli mixture and mix well to combine.

Note: This salad can be served immediately, but is also good after chilling and marinating for 20 minutes or longer.

Serves 4 as a side dish.

