

## DETOX SALAD

Vegan, gluten-free, oil-free, soy-free. Packing a powerhouse of nutrients, this light & energizing salad will have you bursting with energy. It makes a lot so you can enjoy it all week long for easy, energizing lunches. I wouldn't recommend skipping the currants and raisins as it adds a much needed sweetness to balance out the vegetables and lemon juice. I loved it drizzled with a touch of maple syrup just before serving. Feel free to use any herbs and spices you wish. I also love it with a sprinkle of cinnamon on top.

### Ingredients (10 cups)

- 2 heads broccoli (1 bunch), stems removed
- 1 head cauliflower, stems removed
- 2.5 cups shredded carrots
- 1/2 cup sunflower seeds
- 1 cup currants
- 1/2 cup finely chopped fresh parsley

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- 1/2 cup finely chopped fresh parsley
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- 4-6 tbsp fresh lemon juice, to taste
- kosher salt, pepper (I used 1/2 tsp salt and lots of pepper)
- kelp granules or Herbamare (optional), to taste
- Pure maple syrup, to drizzle on before serving

### Instructions

1. In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl.
2. Now process the cauliflower (no stems) until fine and add into bowl. Do the same with the carrots.
3. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste.
4. Drizzle with maple syrup to taste.

Note: I saved the stems for a stir-fry later on in the week.

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