

Fresh Broccoli Salad

Serves 4-6

Ingredients

3 cups broccoli florets and some stems - large dice

3 cups combination of the following:

chopped apples and/or grapes

raisins

sunflower seeds

chopped red onion

diced avocado

Vegenaise (vegan dressing similar to mayonnaise found in refrigerated health foods)

Directions

1. Mix all of the above, adding the vegenaise dressing last to lightly coat.