



## DIRECTIONS

1. Cut carrots into 1" pieces, and broccoli and cauliflower into florets. In batches, pulse broccoli, cauliflower, and carrots in a food processor fitted with the S blade until finely chopped into small diced or rice-sized pieces, depending on your preference.
2. Make dressing:
3. In a bowl or jar, whisk or shake together Dijon, lemon juice, apple cider vinegar, maple syrup, ginger (grated or powder), coconut yogurt (if using) salt, and pepper. If whisking, slowly whisk in avocado oil until lightly emulsified. If using a jar-shake vigorously until emulsified.
4. Combine:
5. Pour dressing over chopped vegetables and mix thoroughly until evenly coated.
6. Rest (recommended):
7. Refrigerate for 2-4 hours or overnight for best flavor and slight softening. Stir before serving and adjust seasoning if needed.

Optional add-ins: Walnuts (on top or served on the side) \*Delete this topping if known tree nut allergy  
Diced apples (add just before serving if possible)  
Raisins or dried cherries

# Rainbow Detox Power Salad

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## INGREDIENTS

### Salad Base

- 2 medium heads broccoli, stems removed
  - 1 medium head cauliflower, stems removed
  - 3 carrots, peeled or cleaned
- \*You can buy pre-cut packaged mixes that you can throw in your processor

### Maple Ginger Lemon Dressing (or Primal Kitchen Sesame Ginger bottled dressing)

- \*Make this dressing ahead of time for a quick time saver  
\*Depending on the size of your broccoli and cauliflower heads, you may need to double this recipe
- 1/3 cup avocado oil
  - 2-3 tbsp fresh lemon juice (primary acid)
  - 1 tbsp apple cider vinegar (secondary acid)
  - 1-2 tsp Dijon mustard
  - 1-2 tsp maple syrup (light sweetness)
  - Salt and pepper to taste
  - 1-2 tsp freshly grated ginger OR 1/2 tsp ground ginger powder
  - 2-3 tbsp unsweetened coconut yogurt-(optional, but makes a creamy cling to veggies)