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by ewfood

Superfood Salad



Ingredients

Cos Lettuce (45g)
Iceberg lettuce
(45g)
Carrot
(34g)
Cucumber
(20g)
Onion
(10g)
Rosa tomato
(45g)
Red pepper
(20g)
Green apple
(40g)
Pumpkin seeds
(3G)
Sunflower seeds
(10g)
Linseed
(3G)
Sesame seeds
(2g)
Dried cranberries
(8g)
Beetroot
(10g)
Dijon dressing Dijon mustard, olive oil, vinegar
(75ml)

Preparation

1 Cut the cos lettuce into strips

2 Shred the iceberg lettuce

3 Grate the carrots

4 Slice the cucumbers

5 Thinly slice the onions

6 Cut rosa tomatoes in half

7 Slice the red peppers

8 Slice the green apple and leave the skin on

9 Grate the beetroot

10 Place all ingredients into a salad bowl and mix

Cooks Note