

Lauren's Kitchen: Detox Slaw



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bele house the past two weeks as I have played around with

different ingredient combinations. Clearly no one has tired of it as I am sure I would have heard some rumblings. Quite frankly everything I added only made it better, so what you are getting here is the full compliment. Feel free to eliminate what you might not have on hand or replace with another suitable veg.

What I appreciate most is that I can make a sizable batch and it keeps for up to two days. I'm sharing it during the holidays because this fresh, nutrient dense slaw is the absolute perfect antidote to any "accidental" over indulging you might encounter. Because the recipe requires some intense chopping I suggest making enough for a dinner salad and several leftover portions for lunches. Its vibrant appeal also makes it a welcome addition to any holiday spread.

Salad Ingredients:

2 bunches of organic lacinito kale, de-stemmed and chopped fine (curly kale varieties also work well)

1 medium head of organic Napa or Savoy cabbage, chopped fine

$\frac{1}{2}$ head of organic red cabbage grated or chopped fine

3 peeled and grated large organic carrots

2 bunches of chopped organic baby broccolini, trimming tough stem ends first

$\frac{1}{2}$ cup of organic golden raisins, rinsed well with warm water and drained

$\frac{1}{2}$ cup toasted organic sunflower and/or pumpkin seeds

$\frac{1}{2}$ cup organic hemp seeds

Dressing Ingredients:

Juice from 4 organic limes

$\frac{3}{4}$ cup of olive oil

3 tablespoons of coconut aminos teriyaki sauce

Maple Syrup to taste

2 heaping tablespoons of fresh organic almond butter (optional)

$\frac{1}{2}$ seeded and finely chopped seranno pepper (optional)

Directions:

Mix all salad ingredients thoroughly in a very large bowl. Blend dressing ingredients in a blender, with an immersion blender or shake until blended in a jar. Pour half of dressing over chopped salad ingredients using your hands, massaging dressing into the kale to break down the fibers. Add remaining dressing as needed. Enjoy!!

Photo Credit to Vegan Feast Catering