



Calories:40

Carb:6.6g

Fat:0.8g

Protein:2.7g

Servings:4

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 1 medium carrot
- 1 cup red cabbage
- 1 cup arugula leaves
- 4 cherry tomatoes
- 50g broccoli
- ½ lemon

DRESSING

- 4 tbsp silken tofu
- tsp ground mustard
- tbsp lemon juice
- salt and pepper to taste

RAINBOW SALAD WITH TOFU DRESSING

DIRECTIONS

- 1. Thinly slice the cabbage, arugula and carrot. Slice the tomatoes into pieces.*
- 2. Cut the broccoli into florets.*
- 3. Puree the dressing ingredient with the help of immersion blender or hand mixer.*
- 4. Pour the dressing over the sliced salad ingredient, mix to combine well.*
- 5. Garnish with lemon wedges.*