



VEGETABLES FRUIT SALAD

Calories:144

Carb:19.7g

Fat:0.3g

Protein:4.1g

Servings:4

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 1 medium carrot
- 1 cup cabbage
- ½ cup lettuce
- ½ cut boke choy
- ½ pomegranate seeds
- ½ bell pepper
- 4 cherry tomatoes
- 5 red radish
- ½ apple
- 1 lime juice
- 1 clove garlic
- Salt and pepper to taste

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.*