

Raw broccoli, Brussels & cashew salad

20g roasted cashews (you can purchase them roasted or make your own - see method below)

a sprinkle of fresh coriander, roughly chopped

for the salad:

100g broccoli, cut into bite-sized florets

80g Brussels sprouts, sliced

80g sugar snap peas

10g dried cranberries

for the cashew dressing:

1 tbsp cashew butter

1 tsp maple syrup

1 tsp apple cider vinegar

2 tsps fresh lime or lemon juice

a pinch of sea salt and ground black pepper

Serves 1

Per serving:

362 calories

18g fat

35g carbs

15g protein

To roast the cashews: Preheat oven to 150°C/300°F. Place the cashews on a baking tray and roast for 15 minutes. Transfer to a plate to cool.

Mix the dressing ingredients in a bowl.

Place the salad ingredients in a large bowl. Pour the dressing over the salad and stir well.

Serve the salad topped with the roasted cashews and coriander.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

