

Dr. Fuhrman's Cabbage Salad

Ingredients

Makes 4 servings

Salad

2 cups green cabbage, grated

1 cup red cabbage, grated

1 cup savoy cabbage, grated

1 carrot, peeled and grated

1 red pepper, thinly sliced

1/4 cup dried currants

2 tbsp raw pumpkin seeds

2 tbsp raw sunflower seeds

1 tbsp unhulled sesame seeds

Dressing

1/3 cup soy, almond or hemp milk

1 apple, peeled and sliced

1/2 cup raw cashews or 1/4 cup raw cashew butter

1 tbsp balsamic vinegar

1 tbsp dried currants

1 tbsp unhulled sesame seeds, lightly toasted

Instructions

Mix all salad ingredients together.

In a high-powered blender, blend soy milk, apple, cashews and vinegar and toss with salad.

Garnish with currants and lightly toasted sesame seeds.