



BRUSSELS SPROUTS

SALAD: shred 1 pound brussels sprouts on mandolin slicer, shred two carrot, 2 minced cloves of garlic, ¼ cup chopped walnuts (you can substitute with sunflower seeds, pumpkin seeds etc.), 1/2 cup thin sliced red cabbage, dry cranberries salt, pepper. Mix everything.



DRESSING: 1tbl spoon honey or agave sirup, salt, pepper, 1tbl spoon lemon juice, 1tbl spoon apple cider viniger, 1 teaspoon of chopped oregano, 1teaspoon of thyme, 1 tablespoon of dried cranberries and avocado oil or any oil you like. Depends on your taste you can add or reduce ingredients. Mix everything and pour over salad.