

Carrot Crunch Salad (Serves 4)

INGREDIENTS

5 medium Carrots grated
70gm Sliced Almonds*
¼ cup chopped Coriander
1 tsp Ground Coriander
¼ cup desiccated Coconut

Mix the above together in a large bowl.

DRESSING

1 clove Garlic crushed
Juice of 1 Lemon
2 tsp Honey or 100% Maple Syrup

Shake in a jar and pour over salad.

*To make nut free replace with your choice of toasted seeds e.g. pumpkin



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