



GENESIS
-HEALTH REVOLUTION-

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Sunflower Crunch Salad

INGREDIENTS:

- 1 small head of green cabbage, chopped small
- 1/2 head purple cabbage, chopped small
- 2 med carrots, diced smallish
- 2 C kale, ribs removed, chopped
-or- 2 C baby kale, chopped
- 2 tsp salt
- 1 C sunflower seeds, raw
- 1/2 C mayo *
- 1/4 C ACV (Apple Cider Vinegar)
- 2 TBS coconut sugar
- Opt 1/2 C dried cranberry
- Opt 2 clove garlic, minced
- Opt 1/2 C vegan bacon bits
- * Use Mock Veganaise Recipe

DIRECTIONS:

- Mix all, chill and serve



