

Cauliflower Grape Detox Salad

Servings: 2

Prep Time: 15 minutes

Ingredients:

- 2 cups cauliflower florets, finely chopped or grated
- 1 cup red or green grapes, halved
- 1 small green bell pepper, diced
- 1 small garlic clove, minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil

- Salt and freshly ground black pepper, to taste
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Instructions:

1. In a large bowl, combine the cauliflower, grapes, and diced green pepper.
2. In a small bowl, whisk together the garlic, apple cider vinegar, olive oil, salt, and black pepper.
3. Pour the dressing over the salad and toss well to combine.
4. Let it sit for 10 minutes before serving to allow flavors to develop.
5. Serve chilled or at room temperature.

Benefits:

- **Cauliflower** supports liver detoxification and is high in fiber.
- **Grapes** provide antioxidants like resveratrol that help fight inflammation.
- **Garlic** enhances immune function and assists in natural detox.
- **Apple cider vinegar** improves digestion and supports gut health.
- A perfect blend of **crunchy + sweet**, this salad is a great reset for your body.