

Cleansing Broccoli Detox Salad

Servings: 2

Prep Time: 15 minutes

Ingredients

- 2 cups raw broccoli florets, finely chopped
- 1/2 cup shredded purple cabbage
- 1/4 cup grated carrot
- 1/4 cup chopped parsley or cilantro
- 1/4 cup sunflower seeds or pumpkin seeds
- 1 green apple, chopped

- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

In a large bowl, combine the broccoli, cabbage, carrot, apple, and herbs. Add the seeds on top. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper. Pour the dressing over the salad and toss well to combine. Let the salad sit for 10 to 15 minutes before serving so the flavors can blend and the broccoli softens slightly.

Health Benefits

This detox salad supports liver cleansing and digestion thanks to the sulfur-rich compounds in broccoli. The lemon and parsley help flush out

toxins, while sunflower seeds provide healthy fats and vitamin E. It's a powerful combination to reduce inflammation and aid elimination naturally.