

Crunchy Detox Salad with Ginger Lemon Dressing

Ingredients

- 1 cup chopped broccoli florets
- 1 cup chopped cauliflower
- ½ cup shredded carrots
- 2 tbsp chopped parsley
- 2 tbsp sunflower seeds or almonds

For dressing:

- 3 tbsp olive oil
- ¼ cup lemon juice
- 1 tsp grated fresh ginger

- Pinch of sea salt

Instructions

1. Toss broccoli, cauliflower, carrots, parsley, and seeds in a bowl.
2. Whisk dressing ingredients together.
3. Drizzle over salad and toss to coat evenly.
(Let sit 10 min for flavor melding.)

Detox Benefits:

Cruciferous vegetables aid liver detoxification; ginger supports digestion and reduces inflammation