

Cabbage & Carrot Salad w/ Seaweed

Makes 2 large servings or 4 small servings

Equipment: Food Processor (or shred with a knife)
High Speed Blender (or mash/blend with a fork)

Ingredients:

- $\frac{1}{2}$ red cabbage
- $\frac{1}{2}$ white cabbage
- 2 carrots
- 3 tbsp Emerald Cove Pacific Wakame (or other brand that is free of toxins)
- 1 medium ripe avocado
- 1 lemon
- $\frac{1}{4}$ tsp celtic sea salt (or to taste)
- $\frac{1}{4}$ tsp curry (or to taste)

Soak the seaweed in approximately $\frac{3}{4}$ cup of filtered or distilled water for 5 minutes. Drain soak water into a separate bowl. Use the shred blade in the food processor or shred cabbage uniformly with a knife. Shred carrots in the food processor or grate the carrots. Place the cabbage, carrots and seaweed in a large bowl. Place avocado, juice of $\frac{1}{2}$ a lemon, salt and a small amount of the soak water in the blender. Blend until creamy or place the ingredients in a bowl and use a fork to mash and blend. Pour the blended avocado over the cabbage and seaweed and toss. Squeeze juice from the other $\frac{1}{2}$ of the lemon to taste. Add curry a little at a time to achieve the desired amount of spiciness. Serve at room temperature.

Optional: Add alfalfa & onion sprouts or spring onions. Adding mushrooms and bell pepper will make the salad even more colorful.

Wakame is a type of kelp seaweed that turns to a beautiful emerald green when soaked. Wakame is also highly nutritious since it is a good source of calcium and iron among other vitamins and minerals it contains. It does not have a strong flavor like some other seaweeds and can added to soups and salads.

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