

Broccoli Almond Protein Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Broccoli (chopped into small florets)
2 cups Frozen Edamame (shelled)
4 stalks Green Onion (sliced)
1/2 cup Almonds (chopped)
1/4 cup Almond Butter
1 tbsp Rice Vinegar
1 tbsp Tamari (or Coconut Aminos)
1 tbsp Maple Syrup
1 tbsp Sesame Oil
1 Garlic (clove, minced)
2 tbsps Water

DIRECTIONS

- 01 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 02 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 03 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NUTRITION

AMOUNT PER SERVING

Calories	374	Calcium	208mg
Fat	25g	Iron	4mg
Carbs	24g	Vitamin D	0IU
Fiber	11g	Vitamin E	10mg
Sugar	8g	Vitamin B6	0.3mg
Protein	19g	Folate	319µg
Potassium	916mg	Vitamin B12	0µg
Vitamin A	1279IU	Zinc	3mg
Vitamin C	88mg	Selenium	4µg

