



Broccoli Cranberry Salad

Serves: 8 Serving Size: 1 cup calories: 240 1.5 carb choices per serving

Ingredients:

Salad

- 7 ½ cups chopped broccoli florets, about 1 large head
- ¾ cup roasted and salted sunflower seeds, shelled
- ¾ cup dried cranberries
- ½ cup diced red onion

Dressing

- ¾ cup plain Greek yogurt
- 3 tablespoons apple cider vinegar
- 3 tablespoons avocado or olive oil
- 3 tablespoons maple syrup
- 1 ½ teaspoons salt

Instructions:

1. In a small bowl, whisk together yogurt, apple cider vinegar, oil, maple syrup, and salt.
2. Add broccoli, sunflower seeds, cranberries, and red onion to a large bowl and stir to combine.
3. Drizzle on dressing and toss until everything is coated.
4. Cover container and chill in the fridge. Let sit for at least 3-4 hours before serving. Overnight works great too as this salad tastes better after it has had time to sit.