



Broccoli Apple Salad

Submitted by Laurie L.

- 1 cup small broccoli florets
- 1 cup sugar snap peas
- 1 head butter lettuce
- 1 apple, sliced thin
- 1 Tbsp. sunflower seeds
- 2 Tbsp. dried cranberries
- 3 Tbsp. crumbled reduced fat goat cheese
- 1 Tbsp. olive oil
- 1 Tbsp. apple cider vinegar
- 1 Tbsp sugar-free maple syrup
- 1 tsp. Dijon mustard
- salt and pepper to taste

Bring a pot of salted water to a boil. Add the broccoli and sugar snap peas and blanch for 2 minutes. Immediately drain and rinse with cold water.

Whisk together the olive oil, sugar-free maple syrup, vinegar, salt and pepper.

Toss together all ingredients and serve. Makes 4 servings.

Nutrition information per serving: 96 calories, 4 grams protein, 4 grams fat, 16 grams carbohydrate



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