



## SEASONAL FALL SALAD

### Salad ingredients:

\*White Cabbage \*Red Cabbage  
\*Broccoli \*Cauliflower \*Carrots \*Celery  
seeds \*Pumpkin seeds \*Sunflower seeds  
\*Dried Cranberries \*Raisins

\*finely chop the ingredients above

### Honey + Dijon Balsamic Vinaigrette:

\*1/3 cup balsamic vinegar

\*1/2 cup olive oil

\*2 tablespoons honey Dijon mustard

\*1-2 tablespoons honey

\*salt and pepper to taste

\*whisk together all of the above ingredients in  
a bowl, add to salad.