

Recipe – Fennel and Slivered Almond Salad

Ingredients:

- 3 - 4 fennel, shredded thin in food processor
- 2 cups slivered almonds, lightly toasted at 350 on a cookie sheet. Watch closely, they burn.

Dressing:

Juice of one lemon
6 cloves garlic
1/3 cup olive oil, maybe a little more
6 dates
1/3 cup coconut vinegar or other light vinegar
2 Tablespoons Dijon mustard
Salt to taste

Directions:

Process the dressing ingredients until blended.

Place the fennel and almonds in a large bowl and blend with the dressing.