

## Recipe – Tangy Broccoli Salad

### Ingredients:

- 1 large bunch or 2 to 3 small bunches broccoli, blanched and chopped medium
- 1 green apple, chopped
- ½ cup chopped figs (dried or fresh)
- ½ cup tamari almonds, coarsely chopped
- 1 cup Greek yoghurt
- ¼ cup white balsamic vinegar
- 1 lemon, juiced

### Directions:

Blanch broccoli in boiling water for 2 minutes and rinse in cold water

Peel broccoli stems and chop stems and florets into medium size pieces

Chop apple, figs and almonds and add to broccoli

Mix together the yoghurt, vinegar and lemon juice

Toss dressing well with the broccoli mixture