

# Broccoli and Cranberry Salad with JOYOUS HEALTH Creamy Dill Dressing

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 6 cups (1.5 L) broccoli florets
- 1/2 medium red onion, thinly sliced
- 1/2 cup (125 mL) roughly chopped raw cashews or almonds
- 1/2 cup (125 mL) dried cranberries or halved grapes

## Creamy Dressing

- 1 cup (250 mL) coconut yogurt or sheep's yogurt
- 1/4 cup (60 mL) lemon juice
- 2 tablespoons (30 mL) chopped fresh dill
- 1 teaspoon (5 mL) garlic powder
- 1 teaspoon (5 mL) apple cider vinegar or white wine vinegar
- 1/2 teaspoon (2 mL) sea salt

## Instructions:

1. Prepare the broccoli. Bring a large pot of water to a boil. Add the broccoli and cook for 2 to 3 minutes, until crisp-tender and bright green. Drain the broccoli and rinse in cold water. Place in a large bowl and chill in the fridge while you make the dressing.
2. Meanwhile, make the Creamy Dill Dressing In a small bowl, whisk together the yogurt, lemon juice, dill, garlic powder, apple cider vinegar and sea salt.
3. Assemble the Broccoli and Cranberry Salad. To the broccoli, add the red onion, cashews and cranberries. Pour the dressing over the salad and toss. Refrigerate until ready to serve. This salad is best served the day it is made or it gets soggy. EnJOY!

## Notes:

Serves 4