

BROCCOLI SALAD WITH YOGURT DRESSING

3 lbs. broccoli florets
carrots
2 cups raisins
2 cups dried cranberries
1 cup roasted soya
1/2 cup pumpkin seeds
2 cups plain yogurt
3 Tbspl honey
salt to taste
1 cup crushed pineapple
2 apples cut into small chunks and kept in cold water with lemon juice to prevent browning
2 Tbsp sour cream
1 cup orange juice

Mix broccoli, raisins, cranberries, soya, and pumpkin seed in salad bowl. Put yogurt, crushed pineapple, and honey in a separate bowl and mix well and add sour cream and orange juice and mix well. Pour dressing over broccoli mixture and stir it well making sure everything is coated with dressing. Put apple as garnish and set aside in the freezer for 10 min. Serve it cold and crispy

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