



Gutsy protein salad bowl

DIRECTIONS

1. combine veggies into a large bowl
2. roughly chop almonds and gently toast in a dry pan
3. mix dressing and add to the salad just before serving
4. dress with fresh herbs and seed mix

INGREDIENTS



6 servings



20 minutes

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled and defrosted)
- 4 stalks Green Onion (sliced)
- 1 green apple (diced)
- 4 cups leafy greens (the more the merrier!)
- 1/2 cup chick peas
- (Dried peas – soak overnight, rinse, cook and cool. Canned – drain and rinse.)
- 1/2 cup Almonds (chopped roughly)
- 1/4 cup Seed Sister 'Seeds no Stuff' mix (contains 7 plant fibres!)

DRESSING

- 1/4 avocado or 2 tbsp plain greek yoghurt
- fresh basil
- juice of a fresh lemon/lime
- splash apple cider vinegar
- a crack of black pepper

- throw it all into a blender.
this dressing will store in the fridge for up to 5 days

EXTRA PROTEIN

- air-fried tempeh or tofu
- baked salmon
- boiled egg

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WITH JULIA

TO EAT IS A
NECESSITY
BUT TO EAT
INTELLIGENTLY
IS AN ART.

FRANCOIS LA ROCHEFOUCAULD



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