

42. *Winter Warmer Salad*

Ingredients:

- 2 carrots grated
- ½ red cabbage cut finely.
- 200 grams spinach leaves cut finely.
- 1 small Red onion chopped fine
- ½ Red pepper sliced fine.
- ½ cup Toasted sunflower seeds

Dressing Ingredients:

- 2 Tablespoon apple cider vinegar
- 6 Tablespoon olive oil
- ½ tsp chilli flakes
- 1 tablespoon honey
- 1 large garlic segment minced
- ¼ tsp sea salt

Directions:

Mix the dressing ingredients together and pour over the bowl of tossed salad ingredients. Allow to stand for about 15 minutes before serving, for the salad to absorb the dressing flavours.