

This lovely broccoli salad makes lunch special! If you don't have a mango, try substituting 1-1/2 c. of seedless grapes, cut in half! Either way, the salad is crisp, juicy and tasty!



Serves 7-9

Broccoli Mango Salad

- 2 med. heads or 4 c. fresh broccoli florets, cut into small pieces
- 1 mango, peeled and cut into small pieces *OR* 1-1/2 c. red or green grapes, halved
- 1 c. chopped celery
- 1 c. raisins *OR* dried cherries, chopped
- 1/3 c. Spectrum Organic mayonnaise*
- 1/3 c. SCD plain yogurt
- 2 Tbs. honey
- 1/4 c. unsalted sunflower kernels

In a large bowl, combine the broccoli, mango or grapes, celery and raisins or dried cherries. In a small bowl, combine the mayonnaise, yogurt and honey. Pour over broccoli mixture and mix well. Cover and refrigerate for at least 1 hour to blend flavors. Just before serving, stir in sunflower kernels.

*If you are unable to find this mayonnaise, all yogurt may be used.