



Rainbow Salad

The salad is delicious and easy to prepare. Add or change the recipe to suit your ingredients and taste.

You can buy a **Vegetable Spiraliser** to slice vegetables into long thin lengths or use a fine grater.

The dressing is tasty and can be used on many different dishes.

Tamari is a Japanese soy sauce.

Ingredients

- 2 medium zucchinis – grated or spiralled
- 2 large carrots – grated
- 1 red pepper – thinly sliced
- 1 cup red cabbage – finely shredded
- 1 cob of corn
- sesame seeds
- chives

Dressing

- 1 crushed clove garlic
- 1/4 cup raw almond butter
- 20 – 40 ml lime juice
- 20 – 40 ml tamari
- 40 ml water
- 10 ml maple syrup
- 1 teaspoon grated ginger

Mix the ingredients well using any suitable utensil or appliance that you can find.