

# Apple Bok Choy Salad [www.DrFuhrman.com](http://www.DrFuhrman.com)

6 cups finely chopped bok choy

1 large apple, shredded

1 large carrot shredded

½ cup chopped red onion

½ cup unsweetened soy, hemp or almond milk

½ cup raw cashews or ¼ cup raw cashew butter

¼ cup balsamic vinegar

½ cup raisins

1 teaspoons Dijon mustard

1 teaspoon caraway seeds

## **Instruction:**

Combine bok choy, apple, carrot and chopped onion in a large bowl.

Blend non-dairy milk, cashews, vinegar, raisins, mustard and caraway

Seeds in a food processor or high powered blender.

Add desired amount to chopped vegetables.