

Apple Bok Choy Salad

from www.DrFuhrman.com

Serves:4

Preparation Time: 15 minutes

Ingredients:

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.