

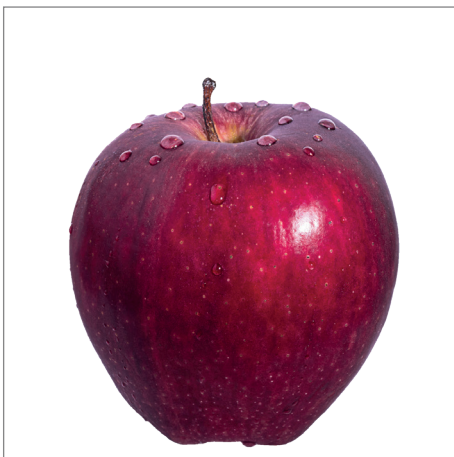
BROCCOLI SALAD WITH PEPPERS

INGREDIENTS

300 g broccoli
1 red pepper
1 apple
30 g sunflower seeds
25 g olive oil
15 g white balsamic vinegar
1 tsp honey
1½ tsp mustard
1 tsp salt
½ tsp pepper

PREPARATION

Cut the broccoli very finely (preferably in a blender). Dice the paprika, finely grate the apple. Mix vinegar with oil, honey, mustard, salt and pepper for the dressing. Add everything to the vegetables and the apple. Sprinkle over the seeds and serve.



Vitamins C & E, beta carotene, antioxidants



A recipe recommendation from
CHARMANT
for your eye health