



Festival Salads

Coleslaw

An absolute must in my book of side salads , works so well with veggie burgers jacket potatoes and just about anything 😊

Make as much as you need and more as it's never enough!

½ Red Cabbage shredded

1 Red onion finely sliced

2 Grated carrot

Pinch black pepper

Squeeze of lemon juice

2/3 tablespoons of Veganise (or your usual mayo)

It all Veg along with seasoning into a large enough bowl to stir thoroughly, add lemon juice stir through , add Mayo and stir thoroughly.



Beautiful Bean

Another one I make quite regularly as love the variety of beans throughout the year .

1 Tin Black Beans rinsed

1 tin Borlotti Beans rinsed

Fresh Green Beans / French Beans cooked – pat dry

Red Onion finely chopped

Baby plum or cherry tomatoes cut into ¼

Clove Garlic crushed

Water Cress chopped

Fresh chopped parsley

Fresh chopped coriander

½ lemon juiced

Olive oil

Black pepper

Pink Himalayan salt

Combine all in a large bowl and you are away

Superfood Kale

**1 Bunch Kale – stems and ribs removed (keep for juicing)
chop leaves**

1 - 2 avocado chopped

Cherry Tomatoes cut in half

Sunflower seeds

Apple Cider Vinegar

Avocado Oil (or olive oil)

Squeeze lemon juice

Sprouted Alfalfa or Mung beans

Coriander chopped

Parsley chopped

Black pepper & Pinch Himalayan salt

Put all except the avocado into a large salad bowl mix through then gently fold in the avocado.

