



CAULIFLOWER SALAD

MAKES 2 SERVINGS

Ingredients:

- ½ head cauliflower, cut into small florets
- 1 chopped mini bell pepper
- 2 Tbsp diced red onion
- 1 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp apple cider vinegar

Directions:

Mix all ingredients together and chill.
Optional add in: sunflower seeds.