

# Broccoli and Cauliflower Salad

Unit: Food Cutter Machine

- 3 - Tablespoons of Honey, Sugar or Agave Nectar
- 1 - Head of Cauliflower (Shredded on #3 Blade)
- 1 - Head of Broccoli (Shredded on #3 Blade)
- 1 - Large Carrot (Shredded on #1 Blade)
- 3 - Tablespoons of Plain Yogurt
- 1 - Tablespoon of Vinegar

First peel the broccoli stalk and then chop the broccoli and the cauliflower on the #3 Blade. Next, shred the carrot on the #1 blade and mix together.

Take a small mixing bowl and mix the remaining ingredients until they are completely dissolved. Finally pour the dressing over the salad and mix thoroughly. Enjoy!