

Thai Salad



Ingredients

Dressing

- 1/3 cup sunflower seed butter
- 1 tsp hot chili sesame oil
- 1 Tbsp toasted sesame oil
- 3 medium limes, juiced
- 3 Tbsp monkfruit "sugar" (can substitute honey or maple syrup)
- 1/2 tsp salt
- 2 Tbsp water or to desired consistency

Salad

- 1 -5 oz bin mixed green lettuce
- 3/4 c shredded carrots
- 2-3 mangos julienned
- 1 cup thinly sliced English cucumber, seeded and halved
- 1 large red bell pepper julienned
- 1/4 cup torn fresh mint leaves
- 1/3 cup fresh cilantro, chopped
- 1/4 cup scallions, (white and light green parts) sliced thin in rounds
- 1 small package thin rice noodles, cooked and cooled
- Roasted cashews

Directions

For dressing, add ingredients up to the water and mix thoroughly, tasting for salt, sweet and sour. Adjust as necessary. Add water to the desired consistency. There should be ample dressing for this salad and subsequent ones! For the salad, layer all salad ingredients on top of lettuce, grouping in like colors. Top with roasted cashews. Finish with dressing... and ENJOY! This salad has tons of vitamins like