

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Crunchy Broccoli Salad

By Caitlin Shoemaker

This crunchy broccoli salad is dairy-free, vegan, and oil-free! Perfect for a picnic, potluck, or warm weather side.

PREP TIME:
15 minutes

COOK TIME:
0 minutes

YIELD:
5-6 Servings

INGREDIENTS

- 4 cups broccoli florets (about 2-3 heads)
- 1 cup carrot, grated
- ½ cup red onion, diced
- ¾ cup Easy Vegan Mayo (or store-bought)
- 1 tbsp apple cider vinegar
- ⅔ cup sunflower seeds
- ⅔ cup dried cranberries
- Salt and black pepper, to taste

INSTRUCTIONS

1. Wash and chop the broccoli, carrot, and red onion. Separate the broccoli florets from the stems. Chop the heads into small, bite-sized pieces, then peel the stems and finely dice them.
2. Add the vegan mayo and apple cider vinegar to the base of a large bowl, then mix well. Toss in the broccoli, carrots, and red onion, then mix until all pieces are evenly coated in the dressing. Fold in the sunflower seeds and dried cranberries, then add any additional salt and black pepper to taste.
3. Let sit for at least 10 minutes before serving to allow the flavors to combine. Refrigerate any leftovers in an airtight container for up to 5 days.

Caitlin Ann Shoemaker

Caitlin is the creator of the blog *From My Bowl*. She currently lives in Miami, FL, and is a full-time blogger and content creator. She started *From My Bowl* in early 2016 because she's passionate about sharing the power of plants and believes that vegan food does not have to be expensive, complicated, and/or bland.

Visit her website: frommybowl.com

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