

ONE BITE

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Vegan Magazine

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VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

SUPERFOOD SALAD

By Francesca - Seven Roses

A hearty, healthy, filling and delicious superfood salad filled with nutritious ingredients that will make you thrive

INGREDIENTS

- 1 head broccoli (I also use the stem)
- 1 handful cherry tomatoes
- 1 shallot
- 1 can chickpeas drained and rinsed
- 1 tbsp goji berries
- 2 tbsp mixed nuts & seeds (cashews, sunflower seeds, sesame seeds, etc)
- pomegranate seeds (optional)

DRESSING:

- 1 tbsp chickpeas drained and rinsed
- 3 tbsp fresh lemon juice
- 1 pinch sprinkle of fresh ground pepper
- 1 tbsp fresh herbs

INSTRUCTIONS

1. Wash and pat dry the head of broccoli and the stem. Cut the florets in bite-sized bits. Remove the external parts of the stem and slice it thinly. Wash and pat dry the cherry tomatoes, and cut them in half. Slice the shallots as thin or as small as you like.
2. To assemble, lay some lettuce leaves on the bottom of your dish. Then add the broccoli florets, chickpeas, the cherry tomatoes halves, the slices of shallot.
3. Cut in half the avocado, remove the skin from one half (keep the half with the seed in the fridge in a closed container) and place it in the middle of your plate.
4. Sprinkle the nuts, seeds, goji berries and pomegranate seeds all over. Pour dressing over salad and a good spoonful inside the avocado half. You can also add some extra fresh lemon juice if you want.
5. Enjoy! Healthy never tasted so good ;-)

Francesca (SevenRoses) —

Francesca is an entrepreneur and creator at sevenroses.com. She aims to promote a love for cooking delicious, Vegan recipes, DIY, and cruelty-free beauty; all this and more can be found on her many platforms.

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