



## New Twist on Broccoli Cauliflower Salad (No Sugar, All Flavor)

Clean Ingredients. Big Flavor. High-Vibe Fuel.

You *think* you know broccoli cauliflower salad—until you meet this one. Most traditional versions are loaded with gobs of sugar, heavy mayo, bacon, and cheese hiding in every bite. Not here.

This is a truly healthy, high-vibe twist on the classic: fresh, crunchy broccoli and cauliflower, sweet red onion, chewy no-sugar-added raisins, and sunflower seeds for just the right amount of crunch. Then comes the creamy, tangy, slightly sweet dressing made with avocado mayo, Greek yogurt, Dijon, and a touch of date paste.

It's bold, clean, and *shockingly* delicious. No junk, no weird ingredients—just real, whole foods coming together in the most craveable way. Perfect for potlucks, meal prep, or even a main dish that actually satisfies.

I use all organic ingredients in this recipe to keep it as clean, nutrient-rich, and high-vibe as possible. Choose organic whenever you can—your body will thank you!

This salad doesn't play by the old rules. Here's what you'll need to build your new favorite bite.

Serves 4–6

### Ingredients

#### Salad

- 2 cups fresh broccoli florets
- 2 cups fresh cauliflower florets
- ½ red onion, chopped
- ¼ cup sunflower seeds
- ¼ cup no-sugar-added raisins

#### Dressing

- ½ cup avocado mayo (no sugar added)
- ½ cup nonfat Greek yogurt (no sugar added)
- 2 tablespoons red wine vinegar
- 1 teaspoon date paste
- 2 teaspoons Dijon mustard
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper

*Note: I slightly steam the broccoli and cauliflower to make them easier on digestion. If your gut is good with raw, feel free to skip that step—nutritionally, you'll retain more of the sulforaphane that way (yes, that's a good thing).*

## Instructions

1. **Make the dressing:** In a small bowl, whisk together the avocado mayo, Greek yogurt, red wine vinegar, date paste, Dijon mustard, salt, and pepper until smooth. Set aside.
2. **Prep the veggies:**  
If steaming, place broccoli and cauliflower florets in a steamer basket over boiling water on the stovetop. Steam for 1–2 minutes, just until slightly tender but still crisp. Remove and let cool completely. If using raw, simply chop and go.
3. **Assemble the salad:**  
In a large bowl, combine broccoli, cauliflower, chopped red onion, raisins, and sunflower seeds. Pour the dressing over the top and toss until everything is well coated.
4. **Chill & serve:**  
Cover and refrigerate for at least 30 minutes before serving. This gives the flavors time to mingle and intensify. Leftovers keep well for a few days in the fridge.