Green Garden Salad with Avocado dressing

Ingredients;

* 2 cos lettuce (or 4 cups lettuce leaves)
* Small handful of red vein sorrel
* Small bunch rocket
* ½ avocado sliced
* 3 radish, sliced thinly
* ½ red onion, sliced thinly
* Optional; ½ cup of pepita or sunflower seeds

For the Dressing:

* ½ avocado
* 1 tsp Dijon mustard
* 1 TBsp Apple cider vinegar
* 1 TBsp Maple Syrup
* ¼ cup water
* 2 Tbsp olive oil
* Salt and Pepper
* A Squeeze of lemon juice
1. Set Oven; 160oC. Toast off the handful of pepitas or sunflower seeds, using a tray in the oven on 160oC for 10-12 mins
2. Wash and gently spin dry the lettuce and other green leaves.
3. Dice onion and half the avocado
4. Mix the salad together in a large bowl and make the dressing;
5. Blend all the ingredients for the dressing and dollop over the salad.
6. Mix and serve.