



Waldorf Salad

Ingredients;

3 apples, washed and cut into small dice
1 pear, washed and cut into slices, seeds removed
200g red grapes, cut in half
3 stalks celery, cut down the centre and small dice
6-10 Mitzuna leaves, washed
Few rocket leaves, washed and cut in halves
6 celtuce leaves, washed and cut into large pieces
Red vein sorrel leaves, washed

½ cup sunflower seeds, toasted

1 Tbls cranberries (optional)

Dressing

¾ cup Greek yoghurt

1 tsp cinnamon

1 Tbls mayo

Method:

1. Prepare the salad leaves, carefully spin them dry before cutting.
2. Slice the fruits, skin on
3. Toast the seeds on a dry oil free tray in the oven (10 mins on 180oC)
OR in a pan until the you can smell the aroma of the seeds, stirring continuously with a wooden spoon.
4. Prepare the dressing by mixing the ingredients together with a spoon
5. Put the fruit and salad leaves in a large bowl and fold everything together with the dressing. Sprinkle the seeds over at the end
6. Serve.