

Broccoli and apple salad

(Serves 4 as a side dish)

Promote production of butyrate and reduce production of hydrogen sulphide with this recipe rich in fructooligosaccharides (FOS).



Ingredients:

- 1 green apple, finely chopped
- 1 medium head of broccoli, finely chopped (including stems)
- ½ cup flaked almonds
- 1 medium red onion, diced

Dressing:

- 2 tbsp Dijon mustard
- 2 tbsp extra virgin olive oil
- 1 tbsp honey
- 2 tbsp fresh lemon juice or apple cider vinegar
- ¼ tsp salt
- ½ tsp pepper

Method:

- Whisk all ingredients for the dressing in a jar or jug.
- In a separate bowl, add the apple, broccoli, almonds and red onion. Stir to combine.
- Add the dressing to the bowl and stir to combine.