



Broccoli Almond Protein Salad OTBM

4 servings

20 minutes

Ingredients

360 grams Broccoli (chopped into small florets & lightly steamed)
300 grams Frozen Edamame (Green)
4 stalks Green Onion (spring Onion) (sliced)
70 grams Almonds (chopped)
60 grams Almond Butter
15 milliliters Rice Vinegar
20 grams Tamari (or Coconut Aminos)
20 grams Maple Syrup
15 milliliters Sesame Oil
1 Garlic (clove, minced)
30 milliliters Water

Nutrition

Amount per serving	
Calories	366
Fat	25g
Carbs	24g
Fiber	10g
Sugar	8g
Protein	19g
Vitamin C	87mg
Calcium	203mg
Iron	4mg
Vitamin D	0IU
Folate	310µg
Vitamin B12	0µg
Magnesium	161mg
Zinc	3mg

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, spring onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Keeping Healthy during the Menopause: Edamame beans contain plant oestrogens which have a similar effect to the oestrogen in your body. Asian diets often include high amounts of plant oestrogens and the incidence of menopausal symptoms is less than in Western countries.

Leftovers: Keeps well in the fridge up to 3 days.

Raw Broccoli: You can leave the broccoli raw if you prefer. If you have an underactive thyroid gland, avoid raw broccoli.

Protein Boost: Add hard boiled egg or feta cheese.