

PACK YOUR PICNIC BASKET

ANTS ON A LOG SALAD (FULL OF FIBER, ANTIOXIDANTS AND FLAVOR)

RECIPES BY: SHAUNNA LEINSTER, CULINARY NUTRITIONIST & PRIVATE CHEF

INGREDIENTS

- 6 LARGE, CRISP CELERY STALKS, CUT INTO 1 INCH PIECES
- ½ A RED ONION, THINLY SLICED ALONG THE GRAIN, RINSED UNDER COLD WATER AND DRIED WELL
- 1 GREEN APPLE, THINLY SLICED INTO MATCHSTICKS
 - 10 MINT LEAVES, TORN
 - ¼ CUP OF JUMBO THOMPSON RAISINS
 - ¼ OF SLICED ALMONDS

FOR THE DRESSING

- 2 TBSP OF ALMOND BUTTER
- 2 TBSP OF APPLE CIDER VINEGAR
- 2 TBSP OF RAW HONEY
- 2 TBSP OF FILTERED WATER
- ½ TSP OF RED PEPPER FLAKES (OPTIONAL)
 - ¼ TSP SEA SALT
- A FEW GRINDS OF FRESHLY GROUND PEPPER
 - ¼ CUP OF OLIVE OIL



PREPARATION

IN A LARGE BOWL, COMBINE THE CELERY, RED ONION, GREEN APPLE, RAISINS AND ALMONDS. COMBINE ALL DRESSING INGREDIENTS ,
EXCEPT FOR THE OLIVE OIL, IN A HIGH SPEED BLENDER. BLEND UNTIL SMOOTH.
WHILE THE BLENDER IS RUNNING, VERY SLOWLY POUR IN THE OLIVE OIL TO EMULSIFY.
TOSS WITH THE SALAD AND GARNISH WITH THE TORN MINT LEAVES. LEFTOVERS CAN BE STORED IN THE FRIDGE FOR ANOTHER 24 HOURS.

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