



# GARDEN SALAD

## INGREDIENTS

- 1 small head of broccoli
- 1 small head of lettuce, chopped
- 2 stalks celery, thinly sliced
- 2 whole carrots, shredded
- 1 cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped
- Juice from 2 lemons
- ½ cup extra virgin olive oil
- 1 teaspoon honey
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- ½ cup raw sunflower seeds

