

Cabbage and Seeds Salad

4 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
½ cup pumpkin seeds
½ cup sunflower seeds

Throw into a salad bowl

Poppy Seed Dressing

1/3 cup Honey
1 tsp dry mustard
1 tsp Herbamere (sea salt with herbs – can be found in grocery stores, health food stores)
1/3 cup apple cider vinegar
2 tbsp finely chopped onion
¾ cup extra virgin olive oil
1 ½ tbsp poppy seeds

Place honey, herbamere, vinegar, dry mustard and onion in a blender. Puree until smooth. With the motor running, add oil slowly. Pour mixture into a bowl. Add poppy seeds. Pour over cabbage mix and toss.

From Sandy Pomeroy