

Low-carb Superfood Salad with Tahini Dressing



Toss-up a keto green salad bowl with baby spinach, bite-like broccoli, & velvety avocado. The garlicky tahini dressing pops the taste-buds with flavor.

Ingredients for 2 serving (US/Metric)

- 1.5 pieces Avocado
- 70g / 2.5oz Baby spinach
- 13g / 0.5oz Tahini
- 2.5 pieces Garlic Cloves
- 14g / 0.5oz Pumpkin seeds
- 2 tbsp Olive oil
- Lime juice
- 2.5 tbsp Chia seeds
- Kosher Salt

- 2 cup **Broccoli**
- 261g / 9.2oz **Mozzarella**

Nutrition (US/Metric)

- **Protein:** 21%
- **Fat:** 70%
- **Net carbs:** 8%

Instructions

1. Put the baby spinach in a large mixing bowl.
2. Chop off the unpalatable ends of the broccoli and dice the avocado. Transfer to the mixing bowl.
3. Sprinkle salt & crushed black pepper. Give it a toss.
4. Then, drop the hemp seeds, followed by pumpkin seeds into the salad.
5. In a separate bowl, prepare the salad dressing by whisking minced garlic with tahini, olive oil, lime juice, & salt. Drizzle the dressing on the salad. Mix nicely so that the dressing coats all the veggies.
Keep aside for 10 minutes!
6. Enjoy immediately!