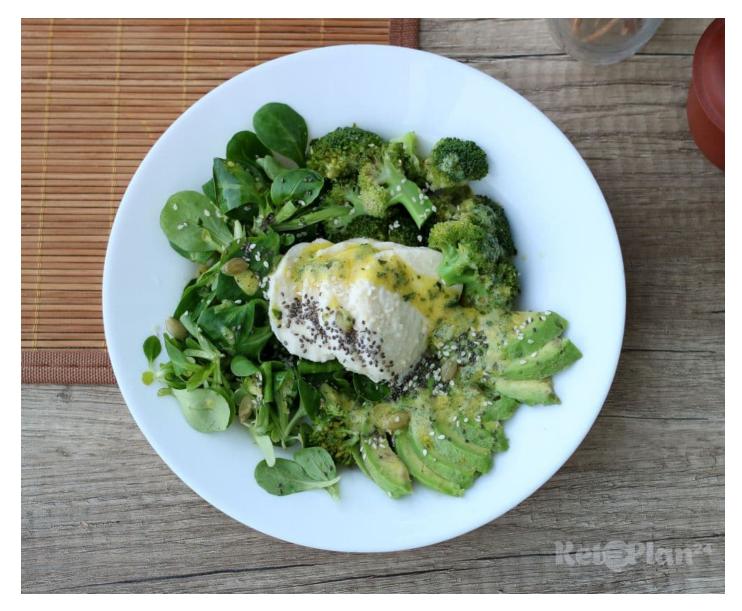
Low-carb Superfood Salad with Tahini Dressing



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**
- 13*g* / 0.5*oz* **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
- 261*g* / 9.2*oz* **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!