

Apple and Fennel Salad

By Jackie Graff
Sprout Raw Food

Serves 8

2 heads fennel thinly sliced (include a few tops)
4 golden delicious apples thinly sliced
1 head of celery thinly sliced
½ cup basil chopped
2-3 fennel fronds chopped

Dressing:

1 cup young coconut meat
¼ cup lemon juice
1 tablespoon lemon zest
1 teaspoon sea salt
2 Medjool dates
1 teaspoon turmeric

1. Slice fennel , apples, and celery thin with a mandolin, v slicer, or food processor slicing blade. Chop the basil and feathery fennel fronds
2. Place young coconut meat, lemon juice, lemon zest, salt, turmeric and dates in a blender and blend until smooth.
3. Toss dressing with fennel, apples, celery, basil, and fennel fronds mixing well.

Shelf life: Best eaten fresh but keeps well refrigerated for 1-2 days (after this the apples may turn brown).