

## Broccoli, Cashew and Apricot salad



**Ingredients** (use as much of each item as you like)

**Broccoli**

**Apricots, chopped or whole**

**Unsalted Cashew Nuts**

*Apricots are very nutritious and low in calories. 3 or 4 a day count as one of your 5 a day. A good source of fibre, vitamins and minerals*

### Method

- 1) Chop the broccoli into small florets
- 2) If whole apricots are used, chop into small pieces
- 3) Combine broccoli, apricots and cashew nuts together in a bowl, mix up and serve

**Healthy Eating Tip:** Add a variety of nuts. They are one of the best sources of plant-based protein and great for a vegetarian diet.

