

Napa Cabbage Salad with Almond Dressing

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This fresh and delicious salad is a Plant Life Journey retreat favorite, often surprising people by just how delicious Napa cabbage tastes. The added toppings create a dish bursting with color, flavor and textures. Use the food processor to make chopping and shredding your veggies a breeze and top with a quick and easy peanut dressings for a show stopping start to your meal... or as your meal! Salad ingredient amounts are based on your preference, servings needed and desired overall look.

Salad Ingredients

Napa Cabbage
Shredded or thinly sliced Red Radish
sliced green onions
diced red pepper or cut in small strips
shredded purple cabbage
carrot shreds
mandarin orange slices

Napa cabbage has an elongated shape. Remove any outer leaves or edges that look unhealthy. Holding the stem end, use a large sharp knife to slice lengthwise from stem to end, piercing all the way through down the center/vein of the leaves, keeping the stem intact. Rotate and repeat the lengthwise slicing through each large leaf vein. Once you have made 4-5 lengthwise slices, make perpendicular cuts across starting from leaf-end to stem to get nice bite-sized pieces. Discard the stem, rinse the cabbage well in clean water, then use a salad spinner to remove excess water or pat dry well with a lint free towel. Place clean dry cabbage in a large bowl. Add a small amount of almond dressing and toss to coat, reserving

fresh chopped basil
fresh chopped mint
optional sliced water chestnuts
optional sushi ginger
crushed almonds
or nut of your choice
sesame seeds
Almond dressing

enough dressing to top the individual bowls after other toppings are added.

Almond Dressing

This dressing can be used in stir-fry dishes, soba noodle and veggies salad, green salads, veggie dip and more. You may want to double and have extra on-hand in the fridge!

1/2 cup almond butter
or peanut/other nut butter of choice
1/4 cup pure maple syrup
1/4 cup Soy Sauce
or Bragg's Aminos or Tamari for gluten-free
2 tablespoon rice vinegar
1/4 teaspoon ginger powder
1/4 teaspoon cayenne *optional*

Whisk ingredients to blend well and refrigerate. For dip or over noodles, use as is. For salad, thin slightly with water to desired consistency.



Lemon Poppy Seed Chia Pudding

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- 4 tablespoons chia seeds
- 1 tablespoons poppy seeds
- 1 1/2 tablespoons maple syrup
optional, more or less for desired sweetness
- 1 1/2 tablespoons lemon juice
or to taste
- 1 tsp vanilla extract
- 1 cup unsweetened plant milk
- Zest of 1 Lemon *optional*

Whisk together ingredients very well. Let sit for 10-15 minutes and whisk or stir very well again, making sure to incorporate any seeds that sink to the bottom (this will avoid lumps). After the second stir, you may wish to add in additional options such as: fresh or frozen blueberries. Chill overnight. Use as a fruit dip or stir in a splash of additional plant milk to desired consistency and use as a topping over fresh blueberries and/or strawberries. Try swirling in or topping with our Blueberry Compote recipe.

Blueberry Compote

A wonderful topping over pancakes, fresh fruit, chia pudding, as well as our Beautiful Berry Cheezecake recipe found on www.plantlifejourney.com. Add 2 cups of berries, 3 tablespoons pure maple syrup, 1 tablespoon orange or lemon juice, and a pinch of salt to a small pot on medium heat. Bring to a simmer then turn to low heat, continuing to stir gently over low heat while it thickens. Remove from heat, cool and refrigerate.

