



EATMORE
SPROUTS
& Greens Ltd.

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Sprouts Goma-ae Salad

INGREDIENTS

DRESSING

- 1/2 cup maple syrup
- 1/2 cup gluten free soy sauce
- 2 cups vegetable oil
- 1/2 cup +1 Tbsp. organic apple cider vinegar (or white wine vinegar)
- 1/2 cup tahini
- Salt

SALAD

8 cups of **Eatmore Sprouts Mixed Bean Sprouts, Sunflower Greens, Pea Shoots, Alfalfa Sprouts or Clover Sprouts.**

Additionally, if available, fiddleheads and/or asparagus.

TOPPING

2 cups roasted ground hazelnuts.

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

INSTRUCTIONS

Simply mix all ingredients for the dressing and salad and then combine, arrange in six bowls. Top with roasted chopped hazelnuts. Enjoy.



*Recipe from Chef Andrea Carlson, co-owner of Vancouver's Burdock and Co.
Photo by Valentina Ruiz Lleotaud; with thanks from the Vancouver Observer.*

