

Shaved Brussel Sprouts Salad with Lemon Garlic Dressing

- 1 package of shaved brussels sprouts about, 16 oz
- 1/4 cup slivered almonds

Dressing:

- 3 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon stone ground mustard
- 2 garlic cloves minced
- 1/4 cup plus 2 tablespoons olive oil
- Himalayan sea salt and pepper to taste



1. Place all the salad ingredients into a bowl. Garnishing with the almonds. Let them stay on top.

2. For the dressing, add the first 4 ingredients to a bowl and combine. Stream in the olive oil into the aforementioned dressing ingredients and whisk until fully combined. Taste and season with salt and pepper. Drizzle dressing over the salad right before serving and toss to combine.

Serving Size = 2 cups of brussel sprouts with 2 teaspoons of dressing and 6 almonds