

Caribbean Cabbage Salad

This one is really different - a real palette pleaser. Your non-raw family and friends are sure to enjoy it!

Serves 4-6

Dressing Ingredients:

1 C coconut meat from a young Thai Coconut
1 C fresh pineapple, cubed
1/4 C cashews, soaked in water for 4 hours
2 T. honey
2 T. coconut water
1 t lime zest
1 t sea salt
1/3 t ginger

Salad Ingredients:

1/2 a green cabbage (about 5 cups), chopped
2 1/2 C pineapple, cubed small
1/3 C dried flaked coconut
3 T chives, snipped fine



Preparation:

Drain and rinse the cashews and place all dressing ingredients in a blender and process until smooth and creamy.

In a large bowl, combine salad ingredients and toss with about 3/4 of the dressing. You will want a little extra of this dressing to drizzle over the salad or use as a dip. Trust me, you'll want some left-over! Enjoy!

This recipe is from The Raw Table

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