

# BUMBLEBEE SALAD

POLLIN8



## INGREDIENTS

Spinach  
Rocket  
Tomatoes  
Cucumbers  
Blueberries  
Broad beans  
Peas  
Pumpkin seeds  
Sunflower seeds  
Chives  
Borage  
Nasturtiums

### Dressing

3 tbsp rapeseed oil  
1 tbsp of apple cider vinegar  
1 small clove of garlic  
1 tsp wholegrain mustard  
1 tsp of birch sugar (xylitol) or honey  
Pinch of salt and black pepper

## METHOD

1. Wash all your veggies and fruit, and add all your leaves to a large salad bowl.
2. Roughly chop your tomatoes and cucumber. If using, blueberries can be added whole or chopped. Broad beans and peas can be added whole.
3. Sprinkle in some pumpkin seeds and sunflower seeds. These are great to add texture to your salad, and are packed with vitamins and minerals.
4. Tear up chives or chop into smaller pieces and add.
5. Decorate your salad with colourful, edible flowers like borage and nasturtiums. Nasturtiums have a strong, peppery taste, a bit like cress or mustard.

### For the dressing

1. Make your dressing by adding rape seed oil, apple cider vinegar, grated garlic, mustard, sweetener and seasoning to a jar. Close the lid and shake until the dressing comes together.
2. Add the dressing to your salad just before you're ready to eat it so the leaves stay nice and fresh. Or, leave the dressing in a jar next to your salad so people can help themselves.

