

# LETTUCE AND COCONUT SALAD WITH TOASTED PINE NUTS



A super light tropical salad recipe perfect for the warmer weather. The toasted seeds really give this salad a beautiful crunch with the coconut adding a delicious natural sweetness.

This salad is great to have as a side to any simple meat or vegetarian dish.

## **Ingredients:**

6 cups mixed lettuce leaves chopped

1/3 cup coconut flakes

1/4 cup toasted pine nuts

1 tablespoon linseeds (flaxseeds)

Juice of 1/2 a lime

2 tablespoons olive oil

## **Method:**

Toast together your pine nuts, coconut chips and linseeds in an already warmed oven at 150°C for 10 minutes. Allow to cool.

Place all ingredients (accept the olive oil and lime juice) in a mixing bowl and gently toss.

Mix the lime and olive oil together and pour over the salad just before serving. Enjoy!

**Gluten Free | Dairy Free | Vegan | Paleo | Sugar Free**

A perfect companion to this salad is our **Gluten Free Quinoa Tabouleh**