

Broccoli Edamame Protein Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Broccoli (chopped into small florets)
2 cups Frozen Edamame (shelled)
4 stalks Green Onion (sliced)
2 tbsps Almonds (chopped)
1/2 cup Powdered Peanut Butter
1 tbsp Rice Vinegar
1 tbsp Tamari (or Coconut Aminos)
1 tbsp Maple Syrup
1 Garlic (clove, minced)
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	216	Fiber	8g
Fat	8g	Sugar	11g
Saturated	1g	Protein	17g
Trans	0g	Cholesterol	0mg
Carbs	24g	Sodium	359mg

DIRECTIONS

- 01 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 02 To make the salad dressing, whisk together the powdered peanut butter, rice vinegar, tamari, maple syrup, garlic, and water. Add more water if needed to achieve desired consistency.
- 03 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.