

## **Creamy Sweetcorn Salad**

- 1 tin of sweetcorn
- 1 red pepper, diced
- 2 spring onions, finely chopped
- 1 avocado, chopped small
- 2 tablespoons egg free mayo
- 1 teaspoon wholegrain mustard

This makes a good filling for vol-au-vents (little puff pastry cases) and a great topping for baked potatoes. Mix the mayo and mustard together and then combine with the other ingredients.

## **Baby Beetroot and caramelized nut salad**

### **Salad Dressing:**

- 3-4 Tbsp of the best vinegar / dressing you can find (try strawberry, pineapple, gooseberry, pomegranate, Turkish fig etc)
- 1 Tbsp Agave Syrup
- 2 tsp shoyu Sauce / soya sauce / tamari
- 1/2 lemon, juiced

### **Salad:**

- 5 plain steamed or roasted baby beetroots, quartered
- 1 handful caramelized nuts of your choice, chopped
- 1 handful of Roasted Almonds, chopped
- 1 avocado, chopped
- 1 bag mixed baby salad or Asian leaves

Assemble the salad ingredients in a large salad bowl. Mix the dressing ingredients together and toss into the salad bowl.

You can also add baked, smoked tofu blocks and croutons to this salad to ring the changes.