

Healthy Caesar Salad



This Caesar Salad contains no dairy, no eggs and no anchovies. It's free from harmful ingredients, and safe to eat if you suffer from an autoimmune skin condition. It's also quick and easy to make. This healthy Caesar Salad recipe is not to miss!

Servings: 1

Dressing

2 dl cashews
1 dl sesame seeds
4 tbsp lemon juice
2 dl water
1 clove of garlic
1,5 tsp mustard powder
2 tbsp coconut aminos
sea salt
black pepper

Salad

1 romaine lettuce
8 cherry tomatoes
1 celery stalk
1 avocado
2 dl peas
1/2 red onion
5 olives

Brazil Nut Parmesan

17 brasil nuts
1 clove of garlic
1/2 tsp sea salt
1/2 tsp dried parsley

Dressing

1. Put all the ingredients in a blender, and mix until you have a smooth dressing.
2. It should be quite thick and creamy. If it's too runny, just add a few more cashews and blend again.

Salad

1. Take the peas out of the freezer and place them in a bowl. Put aside.
2. Rinse the salad thoroughly. Divide into larger pieces and place in a large bowl.
3. Rinse the other vegetables. Divide tomatoes and olives into fours. Divide the avocado and cut it into cubes. Chop the celery and slice the red onion. Put everything in the big bowl.
4. Pour 2-3 tablespoons of the dressing on top of the salad. Toss until everything is covered in the dressing.

Brazil Nut Parmesan

1. If you want some "parmesan" with the salad, you can make it quite quick. Just put all the ingredients in a food processor and pulse until you have a fine-grained parmesan.
2. Sprinkle a few teaspoons over the salad when it is ready.
3. You can store it in the fridge for up to a week, in a glas jar with an airtight lid.

As always, be careful with the olives you buy. Make sure that the only ingredients are olives, water and salt.