

## Keto Cabbage, Almond And Avocado Side Salad

### Description

*A hit for any family event. Wow your friends with this delicious salad*

**Prep/total time:** Twenty minutes

**Servings:** 3

### Ingredients

3 cups of shredded savoy cabbage (7.4 oz)

1 avocado (7.1 oz)

1/4 teaspoon of sea salt

1/4 teaspoon of cracked black pepper

1/2 cup of blanched almonds (2.6 oz)

### For Dressing

3 tablespoons of extra virgin olive oil (45 ml)

1 tablespoons of fresh lemon juice (15 ml)

1/2 teaspoon of Dijon mustard

A pinch of Salt and pepper

1 teaspoon of coconut amino



## Instructions

1. First, preheat the oven to about 355 degrees F. Then transfer the almonds to a baking tray and toast in the oven until golden, about eight minutes. Remove the almonds and set aside to cool.
2. Boil a pan of salted water (containing a quarter teaspoon of salt). Remove the outer leaves of the cabbage and cut the inner leaves into half inch-thick sizes. Add this into the boiling water and boil for about one minute.
3. Drain the cabbage and blanch in a bowl of cold water. Then dry the cucumber using paper towels.
4. Next, make the dressing by combining lemon juice, olive oil, coconut amino, Dijon mustard, pepper, and salt in a bowl.
5. Chop the avocado into chunks. Transfer the cabbage into a bowl and add in the almonds, dressing, and avocado. Toss to combine.
6. Top with some black pepper and serve. Store in the fridge for a day.