

All recipes have been provided by our Dietetics Team at GOSH.

Crunchy Salad Recipe

Ingredients:

- 1 lettuce chopped
- 1 handful of parsley chopped
- 1/2 cucumber, cut into 2cm cubes
- 50g raisins
- 8 dates chopped into small cubes
- 8 radishes sliced
- Seeds from 1/2 pomegranate
- Salt and pepper
- 30ml olive oil

Instructions:

1. Wash all the vegetables and chop as described above.
2. Mix together in a large bowl.
3. Add salt and pepper to taste.
4. Pour olive oil and mix together.
5. Serve.