



# Babyleaf, Apple & Sunflower Seed Salad with Miso-Lemon Dressing

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<http://coconutandberries.com/2013/09/26/babyleaf-apple-sunflower-seed-salad/>



Whisk together the lemon juice and miso until completely smooth then add the other ingredients and whisk to emulsify.

In a large bowl toss the salad leaves with as much dressing as it needs (add it slowly as you don't want it to be soggy and you probably won't want all of it)

Plate the salad: Place a layer of leaves on the plate(s), then scatter over the red onion and seeds. Finally, arrange the apple slices on top.

## Ingredients:

- 2 Generous handfuls of Baby leaves (or mild greens like spinach or pea-shoots)
- 1 Medium dessert apple, thinly sliced
- 3T Sunflower seeds (sprouted, toasted or raw)
- 1/4 Red onion, very thinly sliced

## Miso-Lemon Dressing:

- 1T Lemon juice
- 1/2T White miso
- 1/2T Olive oil
- 1/2t Tamari
- Pepper

Serves 1-2

## Method:

Recipe from [coconutandberries.com](http://coconutandberries.com)