

# Apple Bok Choy Salad

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YieldServes 4

## Ingredients

6 cups finely chopped bok choy  
1 large apple, shredded  
1 large carrot, shredded  
1/2 cup chopped red onion  
1/2 cup unsweetened soy, hemp, or almond milk  
1/2 cup raw cashews or 1/4 cup raw cashew butter  
1/4 cup balsamic vinegar  
1/4 cup raisins  
1 teaspoon Dijon mustard

## Preparation

Combine bok choy, apple, carrot, and chopped onion in a large bowl.

Blend soy milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add desired amount to chopped vegetables.