

Raw Brussels Sprouts Salad

- 24 Brussels sprouts
- ½ cup of shredded parmesan cheese (optional)
- 1 cup of toasted walnut, pecan or mixed nuts, in pieces (Optional)
- 1 cup of dried raisins or cranberries (optional)

Dressing:

- 9 T of olive oil
- 3 T of apple cider vinegar
- 2 T of stone ground or Dijon mustard
- salt and pepper to taste

1. Wash and shred the Brussels sprouts, either by hand or with a food processor.
2. Mix together dressing ingredients
3. Toss sprouts with dressing and add optional toppings.