

Foodnity Recipes

Creamy Broccoli Salad – Easy Healthy Side

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 cups broccoli florets (about 1 large head)
- [ ] 1/2 cup shredded carrots
- [ ] 1/4 cup golden raisins
- [ ] 2 tbsp sunflower seeds
- [ ] 2 tbsp finely diced red onion

Dressing

- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp mayonnaise
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp honey
- [ ] 1 tsp lemon zest
- [ ] Salt and pepper to taste

Instructions

1. Wash the broccoli, cut into bite-size pieces, then pat dry; set aside.
2. In a bowl, whisk together Greek yogurt, mayonnaise, apple cider vinegar, honey, lemon zest, salt, and pepper until smooth.
3. Place the broccoli, carrots, raisins, sunflower seeds, and red onion in a large mixing bowl.
4. Pour the dressing over the vegetables, toss gently until everything is evenly coated.
5. Let the salad rest for five minutes, then taste and adjust seasoning if needed. Serve at room temperature.

Nutrition per serving

210 kcal	11 g	24 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a little extra honey or a splash of maple syrup.
- For a touch of umami, sprinkle a pinch of grated Parmesan just before serving.
- Consider adding a handful of toasted pine nuts for extra crunch.