



Flourishing Kitchen

Vegan Waldorf Salad

Vegan. Gluten-free.

Prep Time: 10 mins | Soak Time: 0 mins. | Serves: 1

Recipe Ingredients:

- 1 small green apple (½ cup / 60g)
- 1 celery stick (60g)
- handful red grapes (½ cup / 60g)
- big handful of walnut halves (½ cup / 50g)
- 2 tbsp vegan mayonnaise

To Serve:

- Lemon wedges
- Cos leaf lettuce



You Will Need:

- Bowl
- Spoon for mixing
- Paring knife

Recipe Directions

1. Dice the apple into small pieces discarding the core. Slice the celery thinly into little half moons and half the grapes. Break up any extra large pieces of walnut so they are more or less a similar size.
2. Place the celery, fruit and nuts into a bowl then add the mayonnaise. Gently stir it all together with a spoon, until it all has a nice light coating.
3. Serve with lemon wedges and green salad leaves.