

## **Cabbage and Seeds Salad**

4 cups thinly sliced red cabbage  
2 cups thinly sliced green cabbage  
½ cup pumpkin seeds  
½ cup sunflower seeds

Throw into a salad bowl

## **Poppy Seed Dressing**

1/3 cup Honey  
1 tsp dry mustard  
1 tsp Herbamere (sea salt with herbs – can be found in grocery stores, health food stores)  
1/3 cup apple cider vinegar  
2 tbsp finely chopped onion  
¾ cup extra virgin olive oil  
1 ½ tbsp poppy seeds

Place honey, herbamere, vinegar, dry mustard and onion in a blender. Puree until smooth. With the motor running, add oil slowly. Pour mixture into a bowl. Add poppy seeds. Pour over cabbage mix and toss.