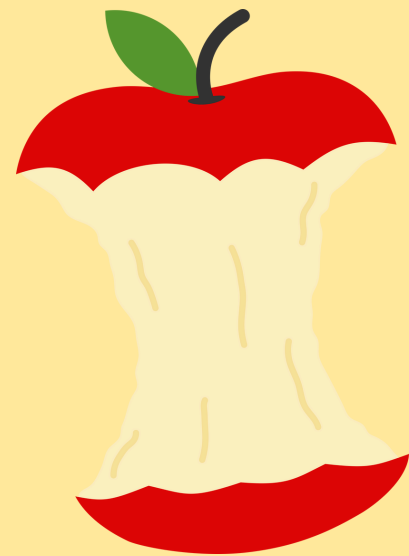


INGREDIENTS

- **3 CUPS CABBAGE**
 - **FRESH SHREDDED**
- **1 1/2 CUPS CARROTS**
 - **FRESH SHREDDED**
- **1-2 APPLES**
 - **FRESH SKIN ON SLICED**
- **1/4 CUP SUNFLOWER SEEDS**
 - **KERNELS**
- **1/4 CUP CRANBERRIES**
 - **DRIED**

DRESSING

- **BALSAMIC VINEGAR**
- **CHEF'S CHOICE**



STEP - BY - STEP

-  **1 CHOP APPLES INTO 1/2 INCH PIECES.**
-  **2 SHRED CABBAGE INTO THIN STRIPS**
-  **3 CUT CARROTS INTO SMALL PIECES**
-  **4 TOSS ALL SALAD INGREDIENTS IN A SALAD BOWL**
-  **5 TOSS WITH DESIRED DRESSING WITH SALAD INGREDIENTS TO COAT.**



**CRUNCHY
APPLE
SALAD**