

Lettuce and Coconut Salad with Toasted Pine Nuts



A super light tropical salad recipe perfect for the warmer weather. The toasted seeds really give this salad a beautiful crunch with the coconut adding a delicious natural sweetness.

This salad is great to have as a side to any simple meat or vegetarian dish.

Ingredients:

6 cups mixed lettuce leaves chopped

1/3 cup coconut flakes

1/4 cup toasted pine nuts

1 tablespoon linseeds (flaxseeds)

Juice of 1/2 a lime

2 tablespoons olive oil

Method:

1. Toast together your pine nuts, coconut chips and linseeds in an already warmed oven at 150°C for 10 minutes. Allow to cool.
2. Place all ingredients (accept the olive oil and lime juice) in a mixing bowl and gently toss.
3. Mix the lime and olive oil together and pour over the salad just before serving. Enjoy!

Gluten Free | Dairy Free | Vegan | Paleo | Sugar Free

A perfect companion to this salad is our [Gluten Free Quinoa Tabouleh](#)