



WHOLISTIC

HEALTH AND HAPPINESS

ALL JOURNEYS START WITH A SINGLE STEP

Wholistic

Cherry Crunch

Broccoli Salad

A fresh, protein-boosted broccoli salad with dark sweet cherries, pumpkin seeds, creamy Greek yogurt dressing, and an optional crispy bacon topping.

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INGREDIENTS

SALAD

- 6 cups broccoli florets, chopped
- ½ cup roasted pumpkin seeds
- ½ cup chopped red onion
- ½ cup chopped dark sweet cherries
- 1 tablespoon *Wholistic Foundation Three Seed Mix*

OPTIONAL TOPPING

- 2–4 slices nitrate-free bacon, cooked crisp and crumbled



DRESSING

- ½ cup avocado mayonnaise
- ½ cup plain 2% Greek yogurt
- 1½ Tbsp apple cider vinegar
- 1 Tbsp monk fruit sweetener
- Fresh cracked black pepper, to taste
- Salt, to taste (optional)



DIRECTIONS

- 1 Chop the broccoli into bite-sized florets.
- 2 In a large bowl, combine broccoli, pumpkin seeds, red onion, cherries, and *Wholistic Foundation Three Seed Mix*.
- 3 In a separate bowl, whisk together the dressing ingredients until smooth.
- 4 Pour the dressing over the broccoli mixture and toss until evenly coated.
- 5 Refrigerate for at least 30 minutes to allow the flavors to blend.
- 6 Just before serving, sprinkle with the optional crumbled bacon to keep it crispy.

ESTIMATED NUTRITION PER SERVING (1/8 OF RECIPE)

Calories:	220–240
Protein:	9–11 g
Carbohydrates:	10–12 g
Fiber:	4–5 g
Net Carbs:	6–8 g
Fat:	16–18 g

Adding bacon will increase calories and protein slightly.



Paul's Tip

For an extra burst of fresh flavor, add 1 teaspoon of finely grated lemon zest to the dressing just before mixing. It brightens the entire salad without adding noticeable acidity and pairs beautifully with the cherries and creamy dressing.



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