

Kohlrabi Salad



INGREDIENTS:

- 1 kohlrabi bulb
- 1 carrot
- 1 apple
- ¼ cup of yogurt or tahini
- 1 tablespoon of lemon juice
- 1 teaspoon of honey
(maple syrup or agave syrup can also be used)
- Salt and pepper to taste

INSTRUCTIONS:

- 1 Peel the kohlrabi bulbs and the carrot. You can core the apple and peel it if you want to.
- 2 Grate the kohlrabi, apple, and carrot using a grater or a food processor. You can also cut them into small pieces if you don't have a grater or food processor.
- 3 Add the kohlrabi, apple, and carrot to a bowl.
- 4 Add the yogurt or tahini, lemon juice, and honey to the bowl.
- 5 Mix everything together.
- 6 Season with salt and pepper to taste.
- 7 Serve immediately or chill the salad in the refrigerator before serving.

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.