



# Hot Detox Fennel Ginger Salad

Makes 8 servings

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## Salad

- 4 cups fennel, sliced
- ½ cup green onion, thinly sliced
- ½ cup hazelnuts, coarse chopped
- 1 large tangerine, sectioned
- 1 large pear, cubed
- 1 large apple, cubed
- 1 large avocado, cubed

## Dressing

- ¼ cup pickled ginger (sugar-free), chopped\*
- 4 tbsp grapeseed Vegenaïse
- 4 tbsp olive oil (organic)
- 2 tsp umeboshi plum paste\*\* or 1 tsp sea salt, or to taste

\*Read ingredients of pickled ginger for artificial food colouring & sweeteners.

\*\*Can be found in the international food aisle or a health food store.

1. Combine salad ingredients in a large bowl.
2. In a cup, whisk together dressing ingredients. Pour over salad.
3. Toss gently and serve immediately.

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