

## Natural Wakame Salad (4 serves)

### Ingredients

20g Nutritionist Choice instant wakame flakes

2 cups julienned cucumber

1 tablespoon sesame seeds

### Dressing ingredients:

3 tablespoons tamari

3 tablespoons brown rice vinegar

2 tablespoons cold pressed sesame oil

4 teaspoons fresh lemon juice

2 teaspoons freshly minced ginger

3 teaspoons coconut nectar

### To Prepare

1. Soak instant wakame flakes for 5 minutes, then rinsed and drained.
2. Mix together the wakame and cucumber in a large bowl.
3. To make the dressing throw all the ingredients in a bowl and whisk together.
4. Toss the dressing through the salad and garnish with sesame seeds.



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