



SPRING BEAN SALAD

*Soy-Free. Sugar-Free. DF. GF. Nut-Free.
Vegan. Vegetarian.*

What You'll Need:

- 1 can black beans
- 1 can adzuki bean
- 1/2 cup purple onion, chopped
- 1/2 cup carrots, chopped
- 1/2 cup cucumbers, chopped
- 1 cup bell peppers, chopped
- 1 cup kale, finely chopped without stem

Dressing:

- 1/3 cup mayo *we use soy-free Veganaise
 - 4 tbsp apple cider vinegar
 - 3 tbsp maple syrup
 - 1/2 lg lemon squeezed
- Whisk until foamy

Mix all together, chill in the refrigerator for 30 minutes, then serve!

Note: For the most health-conscious version of this recipe, use all organic ingredients.