



Broccoli, Butter Bean & Cranberry Salad

EASY • 45 MIN

A vibrant and nourishing salad that is bursting with flavour! Using the power of Bioactive Manuka Honey combined with tahini to increase the creamy factor, alongside cranberries and slivered almonds that add texture.

This go-to salad is packed with protein, fibre and healthy fats.

Recipe created by [@moniquecormacknutrition](#)



SKILL LEVEL
Easy

PREP TIME
20 mins

COOKING TIME
25 mins

SERVINGS
2

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Ingredients

- 120g baby spinach
- 2 cups broccoli florets
- ½ 400g tin butter beans, drained and rinsed
- ¼ cup dried cranberries
- ¼ cup slivered almonds
- Extra virgin olive oil

DRESSING

- 1 tbsp Capilano Active Manuka Honey
- 1 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 3 tbsp hulled tahini
- Pinch salt
- Water to thin dressing

Method

1. Preheat your oven to 180C. Line a tray with baking paper. Spread broccoli florets on tray, drizzle with olive oil and bake for 25 minutes or until the edges are crisp and brown. Allow to cool.
2. Make the dressing by whisking together Capilano Active Manuka honey, mustard, olive oil and tahini. Add a splash of water to thin the dressing as needed. Season with salt.
3. Layer the salad - spinach, butter beans, broccoli, cranberries and almonds. Top with a generous drizzle of the dressing. You'll have some dressing leftover so save it for another meal.

Used in this recipe



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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