

## Winter Chop Chop Salad

### Ingredients

4 c. chopped veggies of any kind (Broccoli, cauliflower, onion, zucchini, celery, beets, or other winter veggies)  
1 c. sunflower seeds  
1 c. chopped kalamata olives

### Preparation

Toss together.

## Dressing

### Ingredients

1/2 c. olive oil  
1/4 c. golden balsamic vinegar  
1/4 c. xylitol  
1 t. chopped garlic  
1 t. celery seed  
1 T. Spike

### Preparation

Combine all ingredients. Blend Dressing ingredients and pour over veggies. Marinate overnight. Toss well. Serve cold.