

Broccoli Salad

INGREDIENTS:

- 1 lb. broccoli
- $\frac{3}{4}$ cup sliced almonds
- $\frac{1}{2}$ cup raisins
- 6 slices of bacon
- $\frac{1}{2}$ cup rendered bacon fat (drippings) or olive oil
- $\frac{1}{4}$ cup organic red wine vinegar or organic apple cider vinegar
- Salt and pepper to taste

PROCESS:

- Preheat oven to 375°F. Place the bacon slices on a baking sheet and bake until they are brown and crispy, about 25 minutes.
- While the bacon is cooking prepare the broccoli. Remove any leaves from the base of the broccoli. With a knife, trim off the tough outside of the broccoli stem, so you're left with the tender, pale green center. Chop up the stem into tiny, bite-sized pieces and do the same with the florets.
- Add the broccoli to a large bowl, along with the almonds, raisins, vinegar, salt and pepper.
- Once the bacon is done, remove from the oven and let it cool. Once cooled, crumble and add to the bowl. Pour $\frac{1}{2}$ cup of the rendered fat (drippings) from the bacon directly into the bowl. (add olive oil to make $\frac{1}{2}$ cup if needed)
- Toss everything to combine. Serve immediately, or wait until it's cold. Either way it's great!

ENJOY!

From: paleoplan.com

MITCH SHOOKS

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