



## Carrot and Sunflower Sprout Salad with Basil and Green Peppercorn Oil

### Salad

2 cups grated carrots

3 cups **Eatmore Sprouts  
Sunflower Greens**

1 small head radicchio,  
chopped

2 Tbsp. red wine vinegar

1 tsp. salt

2 tsp. Basil and Green  
Peppercorn Oil\*

### Basil and Green Peppercorn Oil\*

1/4 cup extra-virgin olive oil

3 Tbsp green peppercorns,  
cracked using a mortar and  
pestle or pepper mill

25 basil leaves with stems,  
1 large or 2 small bunches,  
roughly chopped

1/4 cup canola or flax oil

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[eatmoresprouts.com](http://eatmoresprouts.com)

*Recipe from: [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)*



## How to make Basil and Green Peppercorn Oil\*

Combine olive oil, cracked peppercorns and basil in a bowl. With a wooden spoon, smash the ingredients into the oil until well muddled. Let sit at room temperature for 2 hours to infuse flavours. Strain through a cheesecloth or fine strainer to remove solids. Stir in canola or flax oil, cover and refrigerate. Use within 2 weeks.

**Nutritional Info:** *Per Serving: Serving size: 1 tablespoon, 120 calories (120 from fat), 14g total fat, 1.5g saturated fat, 1g carbohydrates.*

## Salad

Toss carrots, sprouts, raddichio, vinegar and salt together in a large bowl. Drizzle with oil and toss again to coat well. Serve immediately.

**Nutritional Info:** *Per Serving: 60 calories (40 from fat), 4.5g total fat, 0.5g saturated fat, 360mg sodium, 5g carbohydrates, (2g dietary fiber, 3g sugar), 2g protein.*

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at [www.eatmoresprouts.com](http://www.eatmoresprouts.com)

