

Paul's Coffee time snack (equivalent to most people's lunch)

Healthy Cous Cous Salad: (great for Vegans, Vegetarians and most other health conscious individuals, Meataterians may find satisfaction also)

This recipe yields approximately 5 servings (or more)

Ingredients:

- 1 Cup of whole wheat cous cous
- 2 1 full package of frozen edamame beans
- 3 1 red Bell pepper finely diced
- 4 Handfull of coriander finely diced (optional)
- 5 1 package of spinach and arugula mix (approx 250g)
- 6 1/3 cup of sliced almonds.

Dressing:

- 1 1 Table spoon of olive oil
- 2 1/3 cup of fresh squeezed lemon juice
- 3 Add together in a bowl or container

Cook cous cous according to directions on package (I like to use vegetable stock to flavour the cous cous a little). Cook Edamame according to package directions. Allow both to cool to room temperature or refrigerate. Add all ingredients together (bell pepper, coriander, edamame, Arugula/Spinach mix and Almonds). Mix together till proportions look even.

At this stage you can add your dressing or as I like to do I serve my salad into containers for the week (Mon-Fri) and keep the dressing separate and add a little on the day.

Consume and enjoy!