

## **Chickpea, Avocado and Sundried Tomato Salad**

### **Ingredients:**

1 can chickpeas  
1-2 ripe avocados diced  
2 cups shredded cabbage  
½ cup pitted olives  
½ cup Sundried tomato, chopped  
1-2 spring onions, chopped  
1-2 Tbs fresh parsley, chopped  
½ cup cold pressed extra virgin coconut or olive oil  
½ tsp of herb salt

### **Method:**

If preferred, you could soak the Sundried tomatoes in boiling water for about 5-10 minutes until soft.

Place the cabbage, chickpeas, olives, Sundried tomatoes and avocado into a large bowl.

### **Dressing:**

Blend spring onions, parsley, salt and olive oil.  
Pour over salad ingredients.

Recipe from [www.mary-anns.com](http://www.mary-anns.com)