

	Original	Mod	6/25/2022	Cal	Small	Large
TOTAL			~ 38 oz	2200		
Broccoli crowns	2-3 #		22 oz	210	12 oz (TJs)	48 oz
Onion	1 small		1/2 med	22	1 TBSP flakes	1 small
Apple			1 med	95		
(Bacon)	1 #	1/2 #	---			1#
Nutritional Yeast		1/2 # =	---			
Raisens	1/4 cup		---		1/4 cup	1 cup
Craisens		1/2 #	1/4 cup	120		
Sunflower seeds or pine nuts	1/4 cup	1/2 cup	---	----	1/4 cup	1 cup
Sugar	1/4 cup	2 TBSP	4 TBSP		1 TBSP	3 TBSP
Honey		2 TBSP	2 TBSP		2 TBSP or	4 oz
Agave			---		2 TBSP	
Mayonnaise	1 cup	1/2 cup	1 cup	1400		
Olive Oil		1/2 cup	1/4 cup	480	2 TBSP	4 oz
Sesame Oil		2 TBSP		----	1 TBSP	2 oz
Toasted Sesame			1 tsp			
Water			2 TBSP			
Apple Cider Vinegar			6-8 TBSP			
White Vinegar	2 TBSP		-----			
Rice Wine Vingr		2 TBSP	-----		2 TBSP	4 oz
Basil			1/2 tsp			
Pepper			1/2 tsp			
Salt			1/2 tsp			

Prep:

- 1) Peel broccoli stalks if using, otherwise just crowns
- 2) Chop the broccoli and onion into small pieces
- 3) Brown bacon, cut into small pieces
- 4) Mix broccoli, onion, bacon, raisens, nuts
- 5) Mix sugar, mayo, vinegar together until smooth. Add to mixture.
- 6) Letting it sit for a few hours lets the flavors blend.