

## Soba Noodle Salad



### SALAD:

- 16 oz dry gluten-free (pure buckwheat) soba noodles
- 2 red bell peppers, chopped
- 2 orange bell peppers, chopped
- 2 cups shredded carrots
- 3 cucumbers, chopped or sliced
- 1 small red onion (or green, if you prefer), chopped

NOTE: you can improvise with ingredients, try adding kale, flax seeds, sesame seeds, spinach, whatever suits your taste.

### DRESSING:

- 1 avocado
- 2 Tbsp tamari sauce or coconut aminos
- ¼ cup water
- 1 Tbsp minced ginger
- 1/8 cup Thai basil (mix in cilantro and mint for more complex flavor)
- 1 Tbsp sesame oil

Cook the soba noodles until tender, but firm, and chill them. Once chilled, add the chopped and shredded vegetables. Set aside.

To make the dressing, put all of the ingredients into a food processor and blend (add only half the water at first so you're able to get your desired creaminess). Pour the dressing over the noodles and vegetables and toss. Serve cold.