Ingredients

* 3 bunches swiss chard, stem and leaves chopped
* 1 purple cabbage, shredded
* 1 lb carrots, sliced into thin sticks
* 1 cup olive oil
* 4 TBS apple cider vinegar
* 1 TSP allspice
* 1 TSP cinnamon
* 1 TSP nutmeg
* 1 TSP sugar
* 2 cups blueberries
* 8 apples, sliced thin
* 1 Cup sunflower seeds, toasted
* 4 TBS fresh basil, chopped

Procedure

1. In a pan over low-medium heat, toast sunflower seeds until fragrant, about 3 minutes. Set aside and let cool.
2. Mix the chard, cabbage, blueberries, apples and carrots in a large bowl.
3. In a separate bowl, combine the oil, vinegar, allspice, cinnamon, nutmeg, basil, and sugar. Season with salt and pepper to taste.
4. Add the dressing to the greens and fruit. Mix thoroughly. Top with sunflower seeds.