

Here are the ingredients:

1 (16 ounce) package broccoli coleslaw mix (in the produce section)
2 (3 ounce) packages of ramen noodles
1 bunch green onions, rinsed and chopped
1/2 cup sliced almonds (I toast mine in the video)
1 cup sunflower seeds

1/2 cup white sugar
1/4 cup vegetable oil
1/3 cup cider vinegar

Now lets put it all together:

1. In a large salad bowl, combine the sugar, oil, vinegar, and green onions.
2. Whisk them all together.
3. Add the almonds (I toast them in the video) and sunflower seeds.
4. Stir it up with a spatula.
5. Add the broccoli mix.

6. Break up the ramen (I show how I do it in the video) then add to the bowl.
7. Put the lid on and give it a shake or two.
8. Refrigerate until chilled and eat it up!