**Ingredients**:

* 6 cups cabbage, sliced & chopped
* 2-3 cups fresh arugula or spinach
* 1 sweet red or orange pepper, thinly sliced
* ¼ cup scallions
* 1 mango, chopped
* ½ cup cilantro, minced
* ½ cup sunflower seeds
* ⅓ cup olive oil
* 2-3 Tbsp rice vinegar
* Sea salt & pepper

**Instructions**: Mix all ingredients, blend well. Refrigerate for 2 hours, then serve.