

Raw Beetroot Salad

Ingredients:

- 400 grams raw beetroot peeled
- 100 grams carrot
- ¼ small red onion chopped finely
- 1 small green apple grated
- 2 tbsps fresh coriander leaves chopped finely
- Juice of ½ lemon
- Pinch of celtic sea salt



Method:

1. Grate beetroot and carrot using a food processor or by hand. Place in a bowl.
2. Add other ingredients and toss with lemon juice.

Crunchy Carrot Salad

Ingredients:

- Zest and juice of 1 orange
- Handful of Italian parsley, chopped
- 2 medium carrots, grated
- 1 green apple, grated
- 1 stick celery, cut finely
- 40g walnut pieces, chopped into small pieces
- Celtic sea salt
- Dash of olive oil (optional)



Method:

1. Gently combine all ingredients in a mixing bowl