

Brilliant Beet Slaw

Ingredients	Directions
<p><i>Makes 2 servings</i></p> <ul style="list-style-type: none">• 3 medium sized beets• 2 carrots• handful herbs of choice (optional) <p><i>For the dressing:</i></p> <ul style="list-style-type: none">• 1/4 Cup olive oil• 1/4 Cup lemon juice• 2 teaspoons honey• salt and pepper to taste!	<ul style="list-style-type: none">• Wash hands, wash everything!• Scrub and grate the beets and carrots.• Combine dressing ingredients in a separate bowl or jar.• Mix everything together in a serving bowl and ENJOY! <p><i>Get creative!! Try adding:</i></p> <ul style="list-style-type: none">• 1/4 cup chopped nuts• 2 ounces goat cheese

Quick tips because we love beets!!

- To save time, keep your hands dye free, and for added fiber, leave the skins on the beets! Just scrub with water :)
- use salt to remove juice stains from hands
- Don't throw away the beet greens! Rinse, chop, and cook the greens in soups or stir fry dishes. They have twice the amount of iron as spinach!

