



Raw Beet & Carrot Salad

Adapted from Elise Baur

Ingredients:

3 cups carrots, grated

1 large beet, peeled and grated

Juice of one lemon

6 Tbsp Olive Oil

Handful of raisins (optional)

Method:

Grate carrots and beets (by hand or with food processor). Place in large bowl. In separate bowl, mix together the juice of one lemon plus olive oil. Whisk and mix with vegetables. Add raisins if desired. Stir until well distributed.

For variations:

Season with $\frac{1}{4}$ tsp ground cumin, $\frac{1}{4}$ tsp cinnamon, pinch of salt & cayenne, 2 tsp honey and 2 Tbsp of fresh mint leaves