



Ingredients

Two Ingredient Version:

- Grated Beets, organic
 - Roasted Sunflower Seeds
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Three Ingredient Version:

- Grated Beets, organic
 - Roasted Sunflower Seeds
 - Arugula Microgreens or Baby Arugula
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Improvisational Add Ons:

- Roasted Pumpkin Seeds
 - Sprouted Mung Beans
 - Gomasio or Furikake
 - Fresh Kale massaged with olive oil and salt (to aid digestibility)
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Toss with:

- Olive Oil
- Lime Juice
- Salt
- Pepper
- Nutritional Yeast



Simple Spring Beet Salad

Revitalize Your Liver In Spring!

Keeping meal preparation simple can lead to greater success in your kitchen. That being said, learning how to improvise leads to spontaneity, creativity, and new discoveries.

Two Ingredients Beet Salad:

STEP ONE: Grate Beets!

STEP TWO: Roast sunflower seeds

TOSS Together with Olive Oil, Lime Juice, Salt and Pepper.

OPTIONAL: Add Nutritional Yeast to the tossing phase.

Three Ingredients Beet Salad:

Add microgreens or baby arugula to the salad.



Improvisational Beet Salad:

Add Roasted Pumpkin Seeds:

Excellent for intestinal health, zinc, phosphorous, magnesium, potassium, selenium

Add Sprouted Mung Beans: great for all doshas, excellent for protein and fiber, wonderful for cleansing

Add Gomasio: Calcium, lecithin

Add Furikake: B-12, calcium, iodine + iron



Change out the microgreens or baby arugula for kale massaged with olive oil and sea salt:

Remove Kale leaves from the stems. Chop lightly. Drizzle with olive oil and a pinch of sea salt. Massage the kale leaves until they glisten. This will make them more digestible and delicious!



Have Fun With It!

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