

Apple, Beet & Carrot Slaw

8 ingredients · 10 minutes · 3 servings



Directions

1. In a large bowl add the beets, carrots, kale and apple.
2. In a small bowl, whisk together the orange juice, lemon juice and sea salt.
3. Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 3/4 cup salad.

More Flavor

Add some dijon or honey mustard to the dressing.

Additional Toppings

Top with pumpkin seeds.

Ingredients

- 2 Beet (medium-size, peeled, julienned)
- 2 Carrot (julienned)
- 2 cups Kale Leaves (shredded)
- 1 Apple (julienned)
- 3 tbsps Orange Juice
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/4 cup Parsley (chopped)