

# Apple, Beet & Carrot Slaw

3 SERVINGS 10 MINUTES



## 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)

## NUTRITION

### AMOUNT PER SERVING

Calories	87	Cholesterol	0mg
Fat	1g	Sodium	180mg
Carbs	20g	Vitamin A	7976IU
Fiber	5g	Vitamin C	37mg
Sugar	14g	Calcium	70mg
Protein	2g	Iron	1mg

## DIRECTIONS

- 01 In a large bowl add the beets, carrots, kale and apple.
- 02 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
- 03 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.

