

Funfetti Salad

Ingredients:

1 carrot
1 beet
1 Apple
½ lemon
1 Tablespoon olive oil
Salt and fresh ground pepper to taste



Optional add-ons:

1 cup green grapes
Nuts or seeds, such as pepitas, sunflower seeds or pistachios
Greens, such as kale, spinach or arugula (if using kale, remove thick tough stems)

Directions:

1. Peel and grate the carrot, beet and apple.
2. Squeeze the juice from the lemon. Add lemon juice, olive oil, salt and pepper to the grated mixture.
3. Mix with a large fork to evenly combine everything.

You can serve the salad now, as a bright and crunchy side dish. Or, you can make it even yummier and heftier by doing any or all of the following

4. Cut green grapes in half and stir them into the salad.
5. Sprinkle on nuts or seeds.
6. Put a generous scoop of the salad mixture on top of a bed of greens.

Notes:

This salad is delicious with grapes, tamari roasted pepitas and mixed into massaged kale. To massage kale, cut it up into small ribbons, sprinkle a little salt on it and drizzle with a touch of olive oil and lemon juice. Then (with clean hands), get in there and massage the kale so the olive oil, salt and lemon juice tenderize the kale. Once the kale is nice and tender, mix in everything else and it is truly a Funfetti Salad!