



Carrot and Beet Salad with Sunflower

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 4

PREPARATION: 25 MINUTES

INGREDIENTS

Salad:

- 2 apples, peeled and cut into small cubes
- The juice of a lime, freshly squeezed
- 240 g (2 cups) carrots, peeled and grated
- 120 g (1 cup) beetroot, peeled and grated
- 2 green onions, chopped
- 45 g (1/3 cup) sunflower seeds, dry-roasted

Dressing:

- 45 ml (3 tbsp) olive oil
- 15 ml (1 tbsp) honey
- 10 ml (2 tsp) toasted sesame oil
- 5 ml (1 tsp) garlic powder
- 10 ml (2 tsp) fresh dill, chopped
- 5 ml (1 tsp) fresh tarragon, chopped
- 2,5 ml (1/2 tsp) orange zest
- 1 ml (1/4 tsp) salt
- Pepper, to taste

PREPARATION

1. In a large bowl, combine apple cubes and lime juice. Add the other salad ingredients (except sunflower seeds) and mix well.
2. Whisk together dressing ingredients, then add to salad. Stir gently to coat the salad.
3. Cover and refrigerate until ready to serve. It is always best to refrigerate for a few hours to allow the salad to soak up all the aromas of each ingredient.
4. When ready to serve, garnish each serving with dry-roasted sunflower seeds.



This vitamin-rich salad adds a highly colorful touch to your plate!

NUTRITION FACTS

Per portion 156 g 240 Calories

Fat: 18 g	28 %
Saturated 2,5 g	
Trans 0 g	13 %
Polyunsaturated: 6 g	
Omega-6: 5 g	
Omega-3: 0 g	
Monounsaturated: 9 g	
Cholesterol: 0 mg	
Sodium: 260 mg	11 %
Carbohydrate: 20 g	7 %
Fibres: 4 g	16 %
Sugars: 12 g	
Protein: 3 g	
Vitamin A	100 %
Vitamin C	15 %
Calcium	4 %
Iron	8 %