

EASY RAW ENERGY SALAD

2 medium beetroot
4 carrots
½ cup sultanas
½ cup sunflower seeds
handful of mint leaves

Dressing:

juice of 1 orange
2 tablespoons balsamic vinegar
1 tablespoon honey
4 tablespoons oil
¼ teaspoon salt



Into a bowl grate beetroot and carrots. Add sultanas and sunflower seeds.

Into a jar with a lid, add all dressing ingredients. Shake well, making sure the honey is mixed in well.

Pour dressing over salad ingredients and mix all together.

Serve on a plate and dress with chopped mint.

Alternatives are serving this salad on a bed of lettuce and sprinkling feta cheese over the mint.