



#### Paleo Raw Beetroot Salad (all ingredients are organic)

- 400 gr raw beetroot, peeled and cut into quarters
- 150 gr carrot, cut into pieces
- 1/4 red onion (approx. 45 gr)
- 1 green apple (approx. 95 gr) cut into quarters, core removed
- 2-3 sprigs fresh coriander, leaves only
- 2 tablespoons olive oil
- 20 gr lemon juice (approx. 1/2 lemon)
- 1 pinch Himalayan salt, to taste

#### Thermomix way

1. Place beetroot, carrot, red onion, apple, coriander, olive oil, lemon juice and salt into mixing bowl and chop 2-3 sec/speed 5.
2. Scrape down sides of mixing bowl with spatula and repeat chopping, 2-3 sec/speed 5. Repeat if necessary until desired consistency is achieved. Serve immediately.

#### Traditional way

1. Grate beetroot, apple and carrot.

2. Chop red onion and coriander.

2. Toss salad with olive oil, lemon juice and salt and serve immediately,