

Raw Beet Salad

You need: Beets - tender-peeled (1 per person)
Lettuce cups or alfalfa sprouts

How to prepare: Grate beets, mix with *lemon-honey dressing* (see in Salad Section), allow flavours to blend, serve on lettuce cups, or on bed of alfalfa sprouts. For added nutrition, top with freshly ground sunflower seeds.