

## Crunchy Beet Carrot Slaw (8 servings)

### Ingredients

- 3 beets
- 3 large carrots
- 30 fresh chopped mint leaves, about 1/2 cup
- 1/2 cup slivered macadamias, or ¼ cup pine nuts, lightly toasted
- 2 tablespoons olive or avocado oil
- 1 tablespoon apple cider vinegar
- 1 tsp honey
- 1 teaspoon fresh grated ginger
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- Salt and pepper

### Instructions

1. Wash the beet and carrots well. If the skin looks smooth and clean, leave it on. If it looks rough and dry, peel it off. Shred the beets and carrots and place in a salad bowl.
2. Toast nuts over medium heat in a small dry skillet, then cool.
3. Add chopped mint to the salad bowl. Add nuts once cool.
4. In a small bowl whisk together the oil, vinegar, honey, ginger, garlic, cumin, 1/2 teaspoon salt, and 1/4 teaspoon ground black pepper.
5. Pour over the slaw and toss well. Taste, then season with salt and pepper as needed.
6. Serve immediately, or cover and refrigerate until ready to serve.

Per serving:

Energy: 96kcal fat: 7.6g protein: 1.4g net carb: 4.2g