

Kev's Kitchen

BEET SLAW

Time: 10 minutes (plus resting time)

Serves: 4

Ingredients:

30ml avocado oil (or other cold-pressed neutral-flavoured oil)
30ml apple cider vinegar
30ml birch syrup (can use maple syrup or honey)
1 clove garlic – minced or grated
4g salt
0.5g freshly ground black pepper
340g julienned raw beets or bagged slaw mix

Preparation:

Whisk together all ingredients except beets.

Toss beets with dressing, cover and refrigerate for one hour.

Toss again just before serving.

Nutritional Information Per Serving:

Calories: 127
Fat: 7g
Carbs: 15g
Fibre: 3g
Protein: 1g