**Tangy Beet, Carrot, Apple Slaw**

**Ingredients:**
- 2 large **Raw Beets** (about 1 lb)
- 2 large **Carrots**
- 2 medium **Apples** (mutsu, honeycrisp, or granny smith) cored
- 2 medium **Lemons**, zested and juiced
- 1/2 tsp **Sea Salt**
- 1/2 tsp **Black Pepper**
- 1 tbsp **Honey**
- 1 tablespoon **Olive Oil**

**Supplies:**
- Medium bowl
- Small Bowl
- Box Grater or food processor
- Tongs
- Whisk or Fork
- Chef’s Knife
- Cutting Board

**Instructions:**
1. **Shred your beets, carrots, and apples into fine strips.** One method you can use is to first roughly chop your fruits and vegetables, then place them into a food processor with a shredding blade. Or you can use a box grater to shred them. Or you can use a knife and cutting board to cut the beets, carrots, and apples into fine strips aka julienne strips.
2. Once the beets, carrots, and apples are shredded, place them in a large bowl.
3. In a smaller bowl combine your lemon zest, juice, sea salt, black pepper and honey. Then whisk in the olive oil slowly to create a quick vinaigrette. Pour the vinaigrette over your fruits and vegetables, and toss with a pair of tongs to combine. Eat right away as a side, on a sandwich, or keep it in the fridge for about 2-4 days.

**Alternative Versions of This Recipe:**
(fruit, vegetable, and acid swaps!)
- Pears, Radish, Turnips, Collards, Kale
- Lime Juice, Balsamic Vinegar, Apple Cider Vinegar

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**Got questions about this recipe?**

Or want support on cooking with other fruits, vegetables or herbs? Let us know and we might feature your question in our weekly video:

1. Fill out a quick survey letting us know what you thought of this recipe or if you’re struggling with a particular ingredient.
2. Send us a DM on our Instagram @iambeautifullyfed with any questions.
3. Email us at hello@beautifullyfedfood.com