

## Ingredients

- 2 whole beetroot – try to buy with leaves and stalks
- The leaves from the beet tops – or use a mix of rocket/watercress/baby gem lettuce if you can't source whole beetroot
- 3-4oz's other green leaves
- ¼ red onion, finely sliced
- 1 stick of celery
- 1 tbsp of walnuts, halved.
- ½ apple – chopped
- Choose one of the following protein sources – chopped egg/cold meats such as leftover chicken/smoked salmon/crumbled goats cheese/fresh mozzarella or beans

Get your beetroot roasted - you can do this up to 24 hours beforehand. Preheat oven to 180°C / 356°F.

If you've managed to source the beetroot with the stalks and leaves on, prepare your beetroot by chopping off the stalk and also chopping off the leaves at the end and keeping them for the salad. Give the beets a good scrub under running water and then chop in half and toss in enough oil to coat them. Place in a dish with a tight fitting lid.

Add some water to the base of the dish, just a 1-2 cms depth of water is plenty (the less water the better). Pop the lid on and roast for 1-2 hours until tender which will depend on the size of the beets.

Remove from the oven and set aside until they are cool enough to handle. Then peel with your fingers (I recommend using some gloves!) or a small knife. Once peeled, chop them into small cubes.

Get your salad together by combining your greens, beetroot, onion, celery, walnuts and chopped apple. Toss in the dressing and serve and enjoy!!

## Vitalise your cells salad



## Healthy Mayo Dressing

- 1 ripe avocado
- ½ cup light olive oil
- ¼ cup of water
- ½ lemon, juiced
- 1 clove garlic
- 1/2 teaspoon ground turmeric
- ¼ teaspoon sea salt

Place all of the mayo ingredients in the blender and blend on high for a minute or two until a thick sauce forms. If the mayo is too thick, thin it with a little water.