

Raw Beet Spiralized Salad with Mandarin Balsamic Dressing

- 2 medium beets, peeled
- *optional- feta, crumbled

Mandarin Balsamic Dressing

- 1 mandarin orange, juiced (about 2 Tbsp)
- 1 Tbsp balsamic vinegar, white or dark ok
- 1 Tbsp extra virgin olive or avocado oil
- 1/2 Tbsp raw honey
- 1/2 tsp salt
- fresh ground black pepper to taste



Instructions

Use a spiralizer to make raw spiralized beets (check your gadget for specific instructions)

In a small bowl add all dressing ingredients and whisk well

Add spiralized raw beets to medium serving bowl, pour dressing over beets and gently toss the beets in the dressing with a pair of tongs

Once you're ready to serve the salad you may crumble feta over the top or serve on the side, depending on your eaters' preference.

Notes

Great served with a crumbled feta and/or some chopped slightly salty nuts of choice