

Liver Loving Carrot and Beet Salsa

Ingredients

- 1 beet
- 1 carrot
- ½ red onion
- ½ red apple
- Juice of ½ lime + zest
- ¼ cup fresh cilantro, chopped
- 1 jalapeno (optional)
- Clove of garlic (optional)
- S+P to season



Directions

1. Shred the beets, carrots, onion and apples. You can use a mandolin, box grater or food processor fitted with the shredded blade. Place the shredded ingredients into a large bowl.
2. To the bowl, add juice and zest of lime, cilantro, seasonings and optional ingredients and toss until combined. Taste test to see if you need to add more salt, cilantro, etc. Keep in the fridge for at least 30 minutes for the ingredients to marry into each other before serving!
3. Great to serve with plantain chips, or use as a topping for breakfast eggs, tacos, fish, anything! Keep in the fridge for up to 3 days.