

Raw Carrot Salad - to support hormone and gut health.

Servings: 1 Prep Time: 5 min Cook Time: 0 min

Ingredients

- 1-2 medium organic raw carrots, outer layer peeled
- Splash of apple cider vinegar
- 1 Tbsp oil source (MCT, avocado, coconut, EVOO)
- Generous pinch of sea salt



Directions

1. Use a peeler to shred the carrot lengthwise into long ribbons or strips.
2. Add carrot ribbons into a bowl and toss in all remaining ingredients
3. Feel free to add in your favorite hormone-health promoting ingredients if you would want to elevate the salad!