

Raw Crunchy Beetroot, Apple, Ginger and Mint Salad

Servings: 4

Prep Time: 20min

Cook Time: 0



Ingredients

- 4 good sized beetroots
- Small handful mint, chopped
- Thumb-sized piece of fresh ginger, grated
- 3 crunchy green apples, sliced
- 3 lemons
- 200g feta cheese (optional)

For the dressing

- 3 tbsp yoghurt
- 3 tbsp mayonnaise
- Splash of olive oil
- 1 tbsp chopped mint
- 1 tsp honey

Directions

1. Peel and grate the beetroots, then add the mint and ginger to the beetroot.
2. Squeeze the lemons into a bowl and toss the sliced apples through the lemon juice to prevent them from going brown.
3. Toss all of the salad ingredients together, then sprinkle with the feta.
4. Mix the dressing ingredients together and pour over the salad when you're ready to serve.

Notes: If you can, add the apples just before serving so they don't turn too purple -- it's great to see the green