

CARROT SALAD

INGREDIENTS:

2 x carrots grated (skin on)

1 Tablespoon of olive oil

2 Tablespoon of Apple Cider Vinegar

1 Teaspoon of raw honey

Handful of chopped herbs, e.g., Flat leaf parsley and chives

Squeeze of lemon juice

Salt and Pepper

METHOD:

Wash and grate carrots and place in a bowl.

Add remaining ingredients and mix through.

Serve as a side or in a wrap, hamburger etc.

