



BEETROOT SUNFLOWER SPROUT SALAD

Calories:291

Carb:18.7g

Fat:21.6g

Protein:8.9g

Servings:4

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 250g beetroots
- 0.5 avocado
- 1 cup sunflower sprouts
- 50g peas
- 6 olives
- 1 lemon juice
- 1 tsp agave syrup
- Salt and pepper to taste

DIRECTIONS

1. Cut the avocado, beetroots into pieces. Slice the olives. Mix lemon juice, agave syrup, salt and pepper.

2. Put sliced avocado, beetroots, olives, peas and sunflower sprouts in a mixing bowl.

3. Pour over the dressing, toss to combine well, enjoy!