



CARROT BEETROOT SALT

Calories:74

Carb:17.5g

Fat:0.2g

Protein:1.8g

Servings:2

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 2 medium carrots
- 1 medium beetroot
- 2 baby corn
- ½ cucumber
- 4 tbsp onion
- Some fresh arugula leaves
- Some fresh basil leaves
- 1 lemon juice
- Salt
- and pepper to taste

DIRECTIONS

1. Cut the carrots and beetroots in plat strips. Cut the baby corn in pieces.

2. Slice the cucumber and onion. Put all ingredients in a serving platter. Squeeze over lemon.

3. Sprinkle over salt and pepper, toss to coat evenly, enjoy!