



BEETROOT PEAR SALAD WITH FENUGREEK SEEDS

Calories:95

Carb:20.3g

Fat:0.3g

Protein:3.1g

Servings:2

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 1 cup lamb's lettuce
- 1 tbsp fenugreek seeds
- 1 medium beetroot
- 1 medium pear
- 1 lemon juice
- 1 tsp agave syrup
- Salt and pepper to taste

DIRECTIONS

1. Cut the beetroot and pear into bite-sizes. Soak the fenugreek seeds in water for 3-4 hours.

2. Put sliced beetroots, pear and lettuce in a mixing bowl.

3. Mix lemon juice, agave syrup and fenugreek seeds and pour over the sliced salad.

4. Sprinkle over salt and pepper, toss to combine well.