



Green beet salad ! (LS)

Serving: 1

Veg

Ingredients

- Handful spinach (100 grams)
- 1 big beetroot (boiled)
- 1 tbsp fresh coconut grated
- 2 walnuts chopped
- For dressing :
- 1/4 cup cucumber chopped
- 1 tbsp lemon juice
- 2 tbsp coriander chopped
- 1 tsp jeera seeds
- 1 seedless dates

Preparation Method

- For dressing : Grind all the ingredients till smooth
- Chopped all the vegetable finely . Serve in a plate
- Add the dressing on top . Mix well .Sprinkle Grated coconut and walnut
- enjoy