

Rebecca O'Reilly

NUTRITIONIST · NATUROPATH

Carrot, Sunflower Sprout & Radish Salad

SERVES 2

INGREDIENTS

2 cups grated carrots (approx. 4-6 carrots)
1 cup sunflower sprouts
8 baby radish, cut in half and thinly sliced
¼ cup parsley, roughly chopped
2 spring onion, finely chopped
Juice of ½ a lemon
Juice of ½ an orange
1 tsp maple syrup
Dash of Ume su (optional)

METHOD

Add all the ingredients to a bowl and toss well!

Serve with steamed potatoes, steamed greens and a dollop of black olive tapenade!