



CRUNCHY CARROT SALAD WITH LIME

MAKES: 6-8 SERVINGS

TOTAL TIME: 15 MIN PLUS 1 HOUR CHILL TIME

INGREDIENTS

- 6 cups shredded carrots
- 2 thinly dices red apples
- ½ cup shredded beets
- 1 cup toasted sunflower seeds
- ½ cup freshly squeezed lime juice
- 1 cup fresh chopped cilantro or parsley (optional)
- Salt to taste

DIRECTIONS

1. Combine all of the ingredients in a large bowl and allow to chill for 1 hour before serving.
2. Add fresh chopped parsley or cilantro, if using, just before serving.

Recipe adapted from *Hollyhock Cooks*

