

BEET SALAD WITH & WALNUTS

INGREDIENTS:

3-4 beets

2 Tbsp of homemade or Sir Kensington Mayonnaise (adjust to taste)

1 fresh lemon juiced (adjust to taste)

½ cup of walnuts, chopped

¼ teaspoon salt

DIRECTIONS:

Cook the beets in a steamer pot for about 15-20 minutes or until tender.

Let them cool and then peel the skin off.

Grate or julienne the beets into a bowl.

Squeeze the juice of a fresh lemon on the beets.

Stir in the mayonnaise.

Chop the walnuts. Sprinkle the walnuts and salt into the ingredients and mix well.

Chill in the fridge for a few hours.

ENJOY with Bison or Turkey Burgers, lamb chops, or just on its own.

Serves 2

Use organic ingredients

Suitable for for ALL blood types