

## ***Shredded Beet Jicama Salad with Lime Dressing***

*By Dr. Ruby*

### **Ingredients:**

- 3 medium beets, peeled, shredded (medium to fine shreds, smaller is better)
- 1 medium jicama, peeled and cut into 1/2 inch slices (julienne)
- 2 teaspoons raw agave nectar
- 1 teaspoon brown rice vinegar
- 1/2 teaspoon cayenne pepper
- Juice of 2 large limes
- 1/4 cup mint leaves (cut in 1/4 inch ribbons)
- 1/4 cup raw sunflower seeds

### **Preparation:**

1. Peel beets and then shred with a grater or food processor; Peel and slice jicama.
2. To prepare the dressing: Mix lime juice, rice vinegar, agave nectar, mint leaves and cayenne in a bowl, whisk well.
3. Pour over beets and jicama; mix until well coated.
4. Top with sunflower seeds

