



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Beautiful Beet Salad

- 4 Large Beets
- 1 Rutabaga
- 2 Red Onion
- ¼ cup Tahini Dressing
- ¼ cup Slivered Almonds
- 3 tsp. Unhulled Sesame Seeds
- ¼ tsp. Caraway Seeds
- Bragg Aminos®, to taste



1. Peel and matchstick the beets and the rutabaga.
2. Add other ingredients and serve on a bed of mixed baby greens, with almonds on top.

*Tip: Best with avocado oil or walnut oil.*