



Super Food Salad

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- HANDFUL OF BABY SPINACH OR LETTUCE
- 1 SWEET POTATO - SLICED INTO DISCS
- 1 RED CAPSICUM - DESEEDED AND CUT INTO STRIPS
- OTHER VEGETABLES (OPTIONAL)
- 1/4 CUP MELTED COCONUT OIL
- 1-2 BEETROOTS - WASHED AND ENDS REMOVED
- NUTS AND SEEDS OF CHOICE
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON APPLE CIDER VINEGAR

- PREHEAT OVEN TO 200.
- LINE BAKING TRAY WITH BAKING PAPER.
- WRAP BEETROOTS IN FOIL.
- TOSS SWEET POTATO AND ANY OTHER VEGETABLES IN COCONUT OIL AND LIE ON BAKING TRAY.
- ADD SLICED CAPSICUM TO BAKING TRAY.
- BAKE FOR 40 MINUTES OR UNTIL VEGETABLES ARE ROASTED. THE CAPSICUM MAY NEE TO BE REMOVED PRIOR TO THIS SO IT DOESN'T BURN.
- ONCE VEGETABLES ARE COOKED, ASSEMBLE SALAD.
- PLACE OLIVE OIL, LEMON JUICE AND APPLE CIDER VINEGAR IN A JAR ANS SHAKE. POUR OVER SALAD.

NUTRITION INFORMATION

HEALTH BENEFITS OF NUTS

- CONTAIN TRACE MINERAL CHROMIUM WHICH AIDS IN BALANCING BLOOD GLUCOSE
- RICH IN ZINC
- HEALTHY FATS

HEALTH BENEFITS OF SPINACH

- RICH IN B GROUP VITAMINS
- QUALITY SOURCE OF CALCIUM

HEALTH BENEFITS OF SWEET POTATO

- QUALITY SOURCE OF FIBER, VITAMINS AND MINERALS
- CONTAIN BETA-CAROTENE WHICH CONVERTS TO VITAMIN A IN THE BODY AND SUPPORTS EYES

HEALTH BENEFITS OF COCONUT OIL

- HEALTHY FATS
- CONTAIN MEDIUM-CHAIN TRIGLYCERIDES WHICH SUPPORTS THE BODY TO BURN FAT
- HELP TO RAISE HDL (GOOD CHOLESTEROL)

HEALTH BENEFITS OF BEETROOT

- POWERFUL ANTIOXIDANT
- BOOSTS IMMUNE SYSTEM
- SKIN IS FILLED WITH POLYPHENOLS WHICH HELPS TO BALANCE BLOOD GLUCOSE

HEALTH BENEFITS OF CAPSICUM

- RICH IN VITAMIN C
- RED CAPSICUM IS RICH IN LYCOPENE WHICH PROMOTES PROSTATE HEALTH

HEALTH BENEFITS OF LEMON

- AIDS DIGESTIONS
- RICH IN VITAMIN C

HEALTH BENEFITS OF APPLE CIDER VINEGAR

- AIDS DIGESTION
- HELPS TO BALANCE BLOOD GLUCOSE