

# Beetroot sauerkraut Salad

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On the 2<sup>nd</sup> day of this year I bumped into my awesome yoga teacher Kate in Fresh wholefoods, (our local organic shop). Kate asked me if I had a recipe for beetroot salad, so I sent her through a copy of all the beetroot salads I make, and then I thought it was time for a new one.

So this is what I share with you now, as it is delicious to the max and you definitely want to be including beetroot into your diet. It is, of course, packed with iron and has a fabulous source of nitric oxide, which is super important for the immune, circularity, and nervous systems, as well as being good for digestion, the kidney and menopause.

The sauerkraut in this salad is great for the gut microbiome, and also bone health, due to its vitamin K2 content.

## INGREDIENTS

2 beetroots  
1 cucumber  
½ cup sauerkraut  
¼ cup sultanas  
2 tbsp walnuts  
1 tbsp black sesame seeds  
Few sprigs mint leaves

## METHOD

Grate the beetroot and cucumber then mix with all of the other ingredients. Will last well in the fridge for a few days.

If you don't fancy a cold salad, you can omit the cucumber and add a carrot instead. Boil the beetroots whole in water with the skin on until cooked through, cut the carrot in pieces and steam for 5 minutes, then let the carrot and beetroot cool a little.

Peel the beetroot of its skin and grate both the carrot and beetroot and add the rest of the ingredients.

The logo for Veet Karen, featuring the name in a stylized, cursive script.