



## Pomegranate & Beet Salad

4 servings

35 minutes

### Ingredients

- 710 mLs Water
- 2 bulbs Beetroot (peeled, chopped)
- 30 mLs Avocado Oil
- 60 milligrams Apple Cider Vinegar
- 85 grams Mixed Greens
- 2 Mandarins (peeled, sectioned)
- 35 grams Pomegranate Seeds
- 40 grams Feta Cheese

### Nutrition

Amount per serving	
Calories	88
Fat	2g
Saturated	1g
Trans	0g
Carbs	14g
Fiber	3g
Sugar	10g
Protein	3g
Cholesterol	9mg
Sodium	158mg
Potassium	347mg
Vitamin A	42IU
Vitamin C	41mg
Calcium	98mg
Iron	1mg
Vitamin D	2IU
Vitamin E	0mg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Vitamin B12	0.2µg
Magnesium	18mg

### Directions

- 1 Bring the water and beetroots to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 2 While the beetroots cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 3 Divide the mixed greens evenly between plates. Top with the cooled beetroots, mandarins, pomegranate seeds and cheese. Add the dressing and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use nutritional yeast instead of feta cheese, or simply omit the cheese.

**Additional Toppings:** Add nuts and seeds.



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Zinc	0mg
Selenium	2µg