

Reggae Roots Slaw

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 2 cups thinly sliced mango or apple
- 1 cup grated golden, candy stripe or red beets
- 1 cup julienned kale leaves or green cabbage, stems removed
- 2 cups grated carrot
- 1 tablespoon grated fresh ginger
- 1 cup chopped fresh flat-leaf parsley or cilantro
- 2 cups packed baby spinach or sprouts

Dressing

- $\frac{3}{4}$ cup diced ripe avocado
- $\frac{1}{4}$ cup lemon juice
- 3 tablespoons chopped fresh chives
- $\frac{1}{2}$ teaspoon unrefined pink salt
- $\frac{1}{3}$ cup extra-virgin olive oil

Instructions:

1. To make the slaw, in a large bowl, combine all ingredients, except the spinach or sprouts.
2. To make the dressing, in a high-speed blender, combine all ingredients and blend until smooth.
3. Toss the dressing with the slaw. Serve on a bed of baby spinach and/or top with sprouts. Store the dressed slaw in an airtight container in the fridge for up to 3 days.

Notes:

Julie's cookbook says this serves 12, but Walker and I got 2 meals out of it Maybe we just eat a lot - it was delicious! :)