

Lazy Lady Salad

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 4 cups mixed greens
- 1 beet grated, peel on if organic
- 2 carrots, ribboned
- 8-10 olives
- 1 apple, thinly sliced
- Shaved goat cheddar
- 1/2 cup mixed nuts

Instructions:

1. In a large salad bowl, add mixed greens, grated beet, carrot ribbons, apple, olives and sprinkle with goat cheddar and mixed nuts.
2. Toss with lazy lady salad dressing and enjoy immediately!

Notes:

Serves 2 This salad is crunchy, fulfilling and full of colour! It is rich in vitamin A, C, folate, minerals such as iron, potassium and magnesium.