

Grated Beet and Carrot Salad by Kelly

2 medium beets peeled and grated

4 carrots peeled and grated

1 tsp of maple syrup or agave

2-4 tbs fresh lemon

1 tbs sesame seeds

Salt and pepper to taste

Optional – chopped parsley, cilantro or dill or a combination of all 3)

Combine all ingredients in a bowl and let sit at room temperature or fridge for at least 30 minutes.