



# Vitality Natural Health Centre

260 Wyse Road, Suite 200, Dartmouth, NS, B3A 1N3

T 902.446.4072 F 902.446.4073

[www.vitalitynaturalhealth.ca](http://www.vitalitynaturalhealth.ca)

## Autumn Herb Rainbow Salad

5 medium beets, peeled and shredded

Beet greens, washed and finely chopped OR ½ bunch rainbow chard

3 large carrots, peeled and shredded

1 small bunch fresh dill, chopped

¼ bunch fresh rosemary, chopped

1 small bunch of cilantro, chopped

Combine ingredients in large serving bowl.

### Creamy Curry Dressing

1 Tbsp curry powder

1 apple cored and diced

1 clove garlic

1 Tbsp grated ginger

1 cup extra virgin olive oil

2 Tbsp lemon juice

½ tsp sea salt

Combine ingredients in blender and blend until smooth.

To serve, toss salad with dressing. Tossed salad will keep for one day in fridge.

Portions left untossed will keep for 3-5 days in fridge.

Adapted for the season, from a recipe in *'Ani's Raw Food Kitchen'* by Ani Phyto