

Grace's Beet Salad Wrap

Ingredients

- 1 big beet or a few little ones
- 6-10 brussel sprouts
- Half a red onion (or another preferred allium...wild garlic would be delicious!)
- Any broccoli stems lying around
- A handful of raw cashews
- A handful of raw pumpkin seeds
- A head of kale
- Himilayan salt
- Half a head of cauliflower
- Preferred spices (I used salt, pepper and olive oil)
- A can of black beans (or chickpeas, or pinto)
- Apple cider vinegar
- Juice of one lemon
- Black pepper
- Olive oil

Preparation

- Tear the kale leaves into bite size pieces in a big bowl and cover with 5-6 grinds of salt. Mix around until the salt is distributed. Crunch and massage the kale in your hands until it starts to break down and look

“cooked”. (If that is not happening, you may need another shake of salt.)

- Saute the florets of cauliflower (and/or broccoli) in olive oil and your favorite spices.
- Meanwhile, briefly pulse each raw ingredient individually in a food processor (or mini food chopper) and add to the bowl.
- Add the beans.
- Add the cauliflower.
- Mix well, dash in vinegar, lemon juice and olive oil until it tastes amazing.
- Add in any fresh herbs you may have growing around the place. Enjoy!