BEETROOT CRUNCH
2 raw beetroot
1/4-1/2 red onion or spring onion
1 small apple
1 lemon, juiced

Variations/Additions
1 carrot
2 tbsp fresh coriander leaves/parsley/mint
2 tbsp olive oil
Salt & Sugar to taste

Chop the vegetables into small pieces but not mushy - use food processor. Mix in chopped herbs and dressing ingredients.

BROCCOLI SALAD
1 small head of broccoli (use the stems too)
1 carrot
1 apple, quartered & cored
1/2 onion, spring onion

Dressing:
100g yoghurt or mayonnaise
1/2 lemon, juiced
Salt & Pepper to taste
OR
1/2 lemon, juiced
2 tbsp olive oil
1 tbsp honey
Salt & Pepper to taste

Chop all vegetables into small pieces but not mushy - use food processor. Mix in dressing ingredients.
ENGLISH SPINACH, SILVER BEET OR KALE SALAD

1 bunch of silver beet, English spinach or kale or mixture of all, sliced into small pieces
1/2 cup quinoa cooked
and/or 1 cup brown rice cooked
1 carrot, sliced into small strips
1 Lebanese cucumber sliced into small strips
1/2 cup currants or craisins
1 red capsicum sliced into small strips
1 punnet of baby tomatoes, halved

Dressing:
1/2 cup olive oil
1 lemon, juiced
1 tbsp honey or pomegranate molasses or soy sauce
Salt & Pepper to taste

Mix salad ingredients together and add dressing. Cashews and/or pepitas can be added before serving.