



### **Beets' Carpaccio**

2 mid-size beets  
Pumpkin seeds  
Chopped walnuts  
Few beets' leaves  
½ cup of fresh spinach  
½ kale sprouts  
1 garlic,  
Scallions  
One avocado  
Pomegranate's seeds or dried cranberries  
½ lemon  
Avocado or olive oil  
Balsamic vinegar  
Salt and pepper to taste

Wrap beets in aluminum foil and bake them at 400F for about 45-50 minutes. Let them cool and slice them very thin. Arrange beets on the plate.

Chop beets leaves and spinach. Combine them with kale sprouts, garlic salt, pepper and scallions. Divide into two portions and put in the center of the plate. Sprinkle with pumpkin seeds, walnuts,

pomegranate seeds or dried cranberries. Sprinkle greens with lemon juice, little bit of balsamic vinegar and avocado oil. Peel avocado and put one half on the top of greens.

### **Dill dressing**

1/2 cup of fresh dill  
1/2 cup of avocado or olive oil  
1/2 lemon (juice)  
1 tbsp apple cider vinegar  
1 garlic  
Few leaves of fresh basil  
Salt to taste  
½ tsp honey

Combine all ingredients and blend them. Pour over salad.