

Spinach and Beets Salad



Ingredients

1 cup of spinach, ¼ cup of red cabbage, 1 tbl spoon blue cheese crumbs

1 -2 tbl spoon pecans, ¼ cup of fermented or marinated beets, salt, pepper, avocado oil (or whatever oil you like)

Instruction

Chop spinach, chop beets in small cubes. Transfer to a bowl. Add shredded red cabbage, blue cheese, pecans, salt and pepper. Mix everything and drizzle with avocado oil (use whatever oil you like).