

Beet and Quinoa Detox Salad

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup shredded beets
- 1/4 cup carrots
- 1 tbsp olive oil
- Juice of 1 orange

Instructions:

1. Toss all ingredients well and serve cold.

Benefits:

Detoxifies liver and supports skin clarity.