

## **Beetroot Orange & Mint Detox Salad**

### **Ingredients:**

- 1 raw beetroot, grated or spiralized
- 1 orange, peeled and sliced
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- 1 tsp olive oil
- Pinch of sea salt

### **Instructions:**

1. Grate the beet and place in a bowl.
2. Add orange slices and chopped mint.
3. Drizzle with lemon juice and olive oil.

4. Toss gently and serve fresh.

**Detox Benefits:**

Beets cleanse the liver and promote bile flow.  
Orange adds vitamin C for immune support. Mint soothes digestion.