

Carrot Apple Ginger Cleansing Slaw

Ingredients:

- 1 medium carrot, grated
- ½ apple (green or red), grated
- ½ tsp grated fresh ginger
- 1 tsp lemon juice
- 1 tsp flax oil or extra virgin olive oil
- Pinch of Himalayan salt

Instructions:

1. Grate carrot and apple into a bowl.
2. Add fresh ginger, lemon juice, and oil.
3. Mix well and serve fresh.

Detox Benefits:

Carrot and apple help flush toxins and support digestion. Ginger stimulates circulation and liver cleansing. Flax oil soothes inflammation.