

Carrot, Beet & Ginger Detox Slaw

Serving 2

Prep time 25 minutes

Ingredients:

- 1 cup shredded carrots
- 1/2 cup shredded raw beet
- 1 tsp grated ginger
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- Pinch of sea salt

Instructions:

1. Combine all ingredients in a bowl.
2. Mix well and let sit 5–10 minutes to marinate.

3. Serve fresh or chilled.

 **Benefits:**

- **Beets:** Boost glutathione and liver cleansing
- **Ginger:** Improves digestion and circulation
- **Carrot:** High in vitamin A, helps skin detox