

Greek Beet & Orange Liver Cleanser Salad

Servings: 2

Prep Time: 20 minutes

Cook Time: 30 minutes (for beets)

Ingredients:

- 2 medium beets, boiled or roasted, peeled and sliced
- 1 small orange, peeled and sliced
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- Salt and pepper, to taste

Instructions:

1. Slice the cooked beets and orange into thin rounds.
2. Arrange on a plate or shallow bowl.
3. Drizzle with olive oil and red wine vinegar.
4. Sprinkle with salt, pepper, and chopped parsley. Serve chilled.

Benefits:

- **Beets** are powerful liver detoxifiers and blood cleansers.
- **Oranges** offer vitamin C and hydration.
- **Red wine vinegar** stimulates digestion and fat metabolism.