

Nordic Barley & Beet Bowl

Ingredients:

- ½ cup cooked barley
- ¼ cup shredded raw beet
- ½ cup cucumber slices
- 1 tbsp dill mustard dressing
- 1 tbsp sunflower seeds

Instructions:

1. Place barley in the base.
2. Add beet, cucumber, and dressing.
3. Sprinkle sunflower seeds.

Benefits:

Balances blood sugar and supports liver detox.