



**ALASKA CENTER  
FOR ACUPUNCTURE**

**Sweet and Sour Root Vegetable Side Salad  
Recipe by Samantha Berg**

- 1 medium sized organic beet
- 2 medium sized organic carrots
- 1 medium sized organic apple - fuji, pink lady etc.
- 1 organic lemon
- 1 thumb sized piece of organic fresh ginger

Peel beet, apple, and ginger. Wash carrots. Chop vegetables and ginger into big chunks and add to food processor. Spin until shredded but not soupy. Remove from food processor and place into large bowl. Squeeze lemon juice into veggie mixture. Serve immediately.

Optional: For a slightly more sour flavor, use a cheese grater to remove some lemon peel before juicing the lemon. Add shredded lemon peel to salad.

This is a great cleansing salad to eat first thing in the morning as an alternative to juicing. And while its using mostly Autumn vegetables, this preparation is great for the spring in that helps detoxify the liver and Gall Bladder. This also goes great as a side-salad with meat, fish or any meal.

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