

RECIPE

Golden Beet Noodles with Apples & Mint

6 servings

Ingredients

6 golden beets, stems removed
4 granny smith apples
1/2 cup fresh chopped mint
3/4 cup toasted pistachios
2 cups drained, rinsed canned garbanzo beans
1/4 cup hemp seeds

For the Dressing:

1/4 cup fresh lime juice (about 2 limes)
1-1/2 tablespoons fresh lime zest
1/4 cup olive oil
1/8 teaspoon salt
1/4 teaspoon fresh ground black pepper
2 peeled, minced garlic cloves

Directions

1. Wash beets and apples under cool running water to remove excess dirt and debris. Remove beet stems and refrigerate for a later use.
2. Carefully remove the skins from the beets and the apples with a vegetable peeler. Using a vegetable spiralizer, slice beets and apples into spiral noodles. Place noodles into a medium bowl and toss with fresh chopped mint. Refrigerate until ready to use.
3. **For the Dressing:** Combine all ingredients into a 1 cup liquid measuring cup or small bowl. Whisk until fully incorporated. Gently toss noodles and mint with dressing until the noodles are evenly coated.
4. Transfer noodles into a large serving bowl. Add pistachios and garbanzo beans (chickpeas) and toss lightly to combine. Garnish with hemp seeds.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
373	21	3	40	12	10	225