

Lemony Shredded Beet And Carrot Cream Slaw

This is a deliciously creamy yet light slaw. Please see the recipe for Cashew Sour Cream in Sauces and Condiments for the dressing for this salad.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 30 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Raw

Ingredients

| | |
|--------------------|--------------|
| Beets, raw | 2 cup |
| Carrots, raw | 1 cup |
| Lemon juice, fresh | 0.25 cup |
| Flax seed oil | 2 tablespoon |
| Fine sea salt | 4 x 1/4 tsp |
| Caraway seed | 1 tablespoon |

Instructions

Prep

1. This recipe calls for shredded beets and shredded carrots so you may need to use a box grater for this
2. This recipe calls for cold-pressed flax seed oil
3. Please see the recipe for Cashew Sour Cream in Sauces and Condiments for the dressing for this salad, all ingredients and directions for the dressing will be there.

Directions

1. In a bowl, toss beets, carrots, lemon juice, flax oil, salt and caraway seeds, until evenly coated. Set aside to marinate for 10 - 15 minutes, until softened.
2. Add Cashew Sour Cream and toss well. Set aside for at least 5 minutes or up to 1 hour to allow vegetables to absorb some of the flavor from the cashew cream. Serve immediately.

Variations

1. Substitute 1/4 cup chopped cilantro leaves, 2 tsp ground cumin and 1 tsp chili powder for the caraway seeds