

Beetroot Salad

2 medium beetroots (grated)

1 small celeriac (grated)

2 medium carrots (grated)

10 walnuts (roughly chopped)

Dressing: whisk all ingredients together in a small bowl

3 tbsp CoYo natural coconut yoghurt

2 tbsp Tamari soya sauce

1 ½ tbsp extra virgin olive oil

2 tbsp black sesame seeds

Handful of fresh flat parsley (roughly chopped)

Combine all ingredients in a bowl, pour over the dressing, mix through and enjoy with a slice of sourdough bread or on its own.