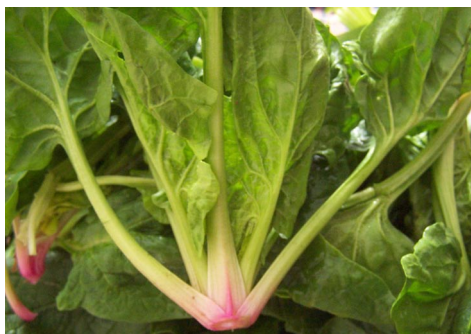


# Spinach & Beetroot Detox

*Happy New Year! We have now all caught the juicing bug at Purton House; Santa was very kind and brought more juicers for Christmas; so we've been having a good mixture of naughty holiday treats and delicious fresh juices! However, eating healthily doesn't have to be all about self-denial – especially when salads and juices can be so yummy and filling! Try juicing a little beetroot with spinach, celery and an apple or two, piece of ginger and squeeze of lemon juice, for an eye-popping kick-start to the year. Otherwise try out this simple and tasty salad: you could add a little goats cheese or halloumi too; or some tofu or chicken slices.*

## Serves 2

1/2 lettuce/mixed salad bag, rinsed  
2-3 handfuls spinach, washed  
2-3 celery sticks, chopped  
1/4 small onion, finely sliced  
1 large or 2 small carrots, scrubbed  
1 large or 2 small beetroots  
1 apple, peeled (optional)  
generous sprinkle pine, walnut or  
cashew nuts  
250g plain yoghurt  
1 tbsp cider vinegar  
good squeeze lemon juice  
1 tsp honey  
1 tsp Dijon mustard  
sea salt & freshly ground black pepper



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Scrub or peel the beetroot and carrot, and grate with the apple. Mix with the finely sliced onion and celery. Toss in the shredded spinach and lettuce or salad leaves. Whisk together the yoghurt, vinegar, honey, lemon juice and mustard, and season (add more or less lemon juice to desired consistency). Spoon or pour the dressing over the salad, and sprinkle the nuts over the top.



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