

Beet relish

1 C raw beets peeled and diced or grated fine

1C carrots grated or diced fine

1Tsp or more to taste ginger peeled and finely diced or grated

1/4 C onion finely diced or grated

Mix all ingredients.

1/4 C orange juice

2T olive oil or grapeseed oil

Blend and pour over beet mixture. Refrigerate for at least an hour to blend

avors. Adjust ginger and onion to suit your taste.