

Food Babe's Carrot Blueberry Sprout Salad



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	4

<https://foodbabe.com/refreshing-carrot-blueberry-sprout-salad>

Ingredients:

- 8 large carrots, shredded
- 1 cup blueberries
- 4 tablespoons nut butter
- ½ cup sunflower seeds
- 2 cups spinach, finely chopped
- 2 cups sprouts (of your choice)
- 1 whole lemon, juiced
- 1 pinch sea salt
- 1 tablespoon lemon zest
- 1 pinch ground black pepper, to taste

Instructions:

1. Use a vegetable peeler, medium sized cheese grater, vegetable spiralizer, or a small knife and shred the carrots.
2. Combine carrots, blueberries, lemon juice, zest and nut butter in a bowl and stir. Combine ingredients as best as you can.
3. Add finely chopped spinach, sunflower seeds, sprouts, salt and pepper and mix all together.

Notes:

- Please use all organic ingredients if possible