

## **APPLE BEETROOT CARROT ORANGE SALAD (ABCO SALAD)**

### **Ingredients :**

- 1 carrot – sliced long
- 1 beetroot – boiled and sliced long
- 1 apple – skin removed and sliced long
- A few orange segments
- Coriander leaves/Mint leaves
- Soaked walnuts

### **For topping :**

Make half a cup of juice from oranges. Put it in a bowl. Add 2 tsp of olive oil and 2 tsp of vinegar, 1 tsp of honey, ½ tsp of black pepper and salt to taste. Mix it well and keep the mixture ready.

### **Method :**

Put all the long cut pieces of items into a bowl and add coriander leaves or mint leaves. Place the orange segments in the bowl. Mix well and then add the topping and serve.