

CARROT SALAD

4 cups carrot, grated

3 Tbsp lemon juice

2 Tbsp olive oil

3/4 tsp ground coriander

good pinch of sea salt

3 Tbsp fresh mint, chopped

3 Tbsp fresh coriander, chopped

1 tsp maple syrup (NOT maple flavoured syrup – use the real thing!)

Mix all ingredients together and chill for at least 1 hour before serving.