

Red Beet Salad	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 c. Red Beets, grated or shredded → 1 cup = about 1/3 of a med. Red Beet</li> <li>• 2 tblsp Extra-Virgin Olive Oil</li> <li>• 1 Lemon's juice (approx. 3 tblsp)</li> <li>• Cinnamon powder</li> </ul>	<p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Stir all ingredients together, refrigerate.</li> <li>• Eat a few spoonfuls (or more) three or four times a day.</li> </ul>
	<p><b>notes</b></p> <ul style="list-style-type: none"> <li>• This salad does not spoil fast. You can double or triple (or more) the recipe without fear of spoilage.</li> <li>• Wear an apron or an old shirt. Red beet juice can stain.</li> <li>• Red beets can certainly be shredded in a food processor.</li> </ul>

Carrot Salad	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 c. Carrots, grated or shredded → 1 c. = about 3 carrots</li> <li>• 1 tblsp Extra-Virgin Olive Oil</li> <li>• 1 tblsp Lemon juice</li> <li>• Cinnamon powder</li> </ul>	<p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Stir all ingredients together, refrigerate.</li> </ul>
	<p><b>notes</b></p> <ul style="list-style-type: none"> <li>• This salad does not spoil fast. You can double or triple (or more) the recipe without fear of spoilage.</li> </ul>

Roasted Vegetables	
<p><b>ingredients to mix &amp; match</b></p> <ul style="list-style-type: none"> <li>• Garlic</li> <li>• Onions</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Sweet Potato</li> <li>• Red Beets</li> <li>• Asparagus</li> <li>• Carrots</li> <li>• Nearly any vegetable</li> <li>• Extra-Virgin Olive Oil</li> <li>• Salt &amp; Pepper</li> </ul>	<p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Preheat oven to 375°F [190°C]</li> <li>• Put all raw veg, cut into manageable pieces, into a 11x7 pyrex or similar dish.</li> <li>• Add olive oil, enough to sort of glaze the veg.</li> <li>• Add salt &amp; pepper.</li> <li>• Cover with aluminum foil.</li> <li>• Bake for 45-55 minutes @ 375°, until most veg are softened.</li> </ul>
	<p><b>notes</b></p> <ul style="list-style-type: none"> <li>• A great way to ingest garlic and cruciferous vegetables, which are useful for the liver cleanse and colon cleanse.</li> </ul>