Raw Carrot Salad with Herb Vinaigrette

Yield: 4 servings
Recipe courtesy of From My Bowl

Carrots are rich in beta-carotene, which our bodies convert into vitamin A, as well as fiber and potassium. They support healthy eyesight, digestion, and our immune system.

Ingredients

- 3 large carrots peeled and ends trimmed
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon agave or maple syrup
- 1/2 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper optional
- 1/4 teaspoon kosher salt
- 2 tablespoons chopped parsley
- 2 teaspoons sesame seeds
- Optional: 1 tablespoon chopped cilantro or mint

Directions

1. Prep the Carrots: Cut the carrots into 3-4" pieces (or shorter/longer if you prefer), then use a mandoline to slice the carrots lengthwise as thinly as possible. Set aside.

2. Make the Dressing: Add the oil, lime juice, apple cider vinegar, agave, coriander, cayenne, and salt to a large bowl. Whisk well until evenly combined.

3. Mix: Add the sliced carrots, parsley, and sesame seeds to the bowl. Mix well until all of the carrots are evenly coated in the dressing.

4. Serve & Store: Enjoy immediately, or wait 10-15 minutes for the carrots to soften slightly. Store any leftovers in an airtight container in the refrigerator for up to 5 days.