



Spiralized Summer Salads

Pack away for picnics or lunch on the patio

It's the summer of the Spiralizer! Marry healthy and delicious together and you get spiralized summer salads. You can make this delectable **Beet Salad with a Coconut Water Dressing** or for a light lunch try the colorful **Carrot and Zucchini Salad with a zesty balsamic dressing**.



Beet Salad with Coconut Water Dressing

A crisp and delicious summer salad that is perfect for family picnics under the summer sun, add crispy bread and home made lemonade.



Add some color with organic Goats Cheese

Beet Salad

- 1 cup young coconut water
- 1 cup pine nuts or macadamia nuts
- 2 beets spiralized on thin setting (regular or golden)

Garnish:

1 sprig basil (about 10 large leaves) chopped
10 cherry tomatoes diced

Blend coconut water and pine nuts or mac nuts in a blender until smooth. Pour over spiralized beets and garnish with chopped basil and tomatoes.

Carrot and Zucchini Salad

- 2 orange or yellow bell peppers chopped
- 2 tablespoons tahini
- 2 medium spiralized zucchini on thin setting
- 2 spiralized carrots

Garnish:

1 bell pepper diced

1/4 cup chopped parsley

Pour balsamic over spiralized zucchini and carrots. Garnish with sliced bell pepper and parsley.



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