

Recipe



Red, Raw, Rad, Russian Borscht

What a great recipe from Juliano's *The Uncook Book*. It is an organic, totally raw, easy to make and absolutely delicious and unusual meal. Serves four.

3 medium beets or 1 cup beet juice	2 or 3 avocados cubed
1 tablespoon minced jalapeno	½ cup of your favorite fresh herbs
2 tablespoons minced garlic	½ cup grated carrots
1 tablespoon minced ginger	2/3 cup olive oil
5 cups fresh-squeezed orange juice	½ cup fresh squeezed lemon juice
¼ cup chopped green onion	½ apple, cut into slices
1 cup grated cabbage	1 teaspoon Celtic sea salt
1 teaspoon fresh chopped dill	

If you have a juicer, juice the beets into 1 cup of beet juice. If you don't have a juicer, fresh beet juice can be bought at a health food store. In a mixing bowl combine the beet juice with all the ingredients except the apple slices. Shake and serve immediately garnished with thin apple slices.