

BEET SALAD WITH SMOKY SUNFLOWER SAUCE

Food choices can impact our hormonal health. This is a recipe you should add to your repertoire if you get anxious, moody, or even a little ragey right before your period. Sunflowers seeds are an excellent source of Vitamin E which can alleviate PMS symptoms and beets are high in fiber and can help curb that craving for carbs. We've added smoked paprika to the sunflower seeds and turned them into a smoky sauce that it perfect with the sweetness of beets.

INGREDIENTS

Smoky Sunflower Sauce

½ cup sunflower seeds (unroasted)

½ to 1 cup filtered water

½ teaspoon smoked paprika

½ teaspoon salt

squeeze of lemon

Roasted beets

Arugula

Lemon juice

Olive oil

Salt and pepper

MAKES FOUR SALADS

1 In a small blender place sunflower seeds, filtered water, smoked paprika, salt and a squeeze of lemon. Start with ½ cup of water and increase to desired consistency. You can also add more sunflower seeds and blend again if you want a thicker sauce. Adjust salt and smoked paprika to taste. The flavor should be subtle.

2 Dress the arugula leaves with a squeeze of lemon juice, drizzle of olive oil, and sprinkle with salt and pepper.

3 To roast beets, preheat oven to 400°F. Wash and dry beets, drizzle with olive oil, pierce with fork and place on a rimmed baking sheet. Bake for 45-90 minutes (depending on size) until a knife can easily cut through the beets.