

CARROT SALAD

A hormone salad consisting of a carrots, olive oil, and apple cider vinegar developed by a doctor went viral on TikTok for its ability to help women regulate their periods and ease symptoms of PMS. Carrots are loaded in Vitamin A and a specific fiber that helps bind excess estrogen and remove it from the body. Carrot salad has long been a staple of Indian households, so I've renamed this Hormone Salad 2.0 with the added benefit of its anti-inflammatory and antioxidant spices. It's a salad you can eat every day.

INGREDIENTS

1 lb carrots, washed and peeled
2 tablespoons olive oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1 teaspoon turmeric
½ teaspoon salt
handful cilantro, chopped
handful raw cashews, chopped
squeeze of lemon

MAKES FOUR TO SIX SIDE SALADS

- 1 Grate the washed and peeled carrots and set aside in a bowl.
- 2 Heat a saucepan to medium and add olive oil. Then add mustard seeds, cumin seeds, and turmeric just until you hear the first seeds pop, then remove from heat.
- 3 Pour the infused oil on the carrots. Add salt, cilantro, cashews, and lemon and toss.

NOTES

- Every Indian Auntie I know has her own version of this carrot salad. Some add raisins, coconut, asafetida, cabbage, or chilis for example. You can play around with it and see what works for you.