

Radish-Beet Root-Carrot Raita

- 1 whole Daikon
- 1 Beet
- 1 Carrot
- ½ cup whole milk or Greek Yogurt
- 1 tbsp oil
- ½ tsp Mustard seeds
- ½ tsp Cumin seeds
- ¼ tsp Hing
- ¼ tsp Turmeric powder
- ½ tsp lime juice
- Salt to taste
- ½ tsp organic unrefined sugar

Grate Carrot, Radish and Beet root in a large bowl. Add Salt, sugar. Make tempering of Mustard seeds, Cumin seeds and Hing. Turn off the heat and to that add Turmeric powder. Add tempering to grated veggies. Season with salt, sugar and lime juice. Finish with Yogurt.

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