Digestive Health
Calvin Tran, Dietetic Intern
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Beet and Apple Salad

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* Ingredients
	+ 2 thinly sliced apples
	4 thinly sliced celery stalks
	1 minced shallot
	Juice from 1 lemon
	1 beet
	1 tsp. sugar
	3 tbs. chopped walnuts
	3 tbs. olive oil
	3 oz. unpacked endive
	Salt and pepper to taste