

Arugula Avocado and Beets Sandwich



Arugula, Avocado, Beet, Buckwheat
Sandwich

"The Avocado Affair"

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Arugula, avocado, and beets are a perfect functional food when together. They combine anti oxidants , Vit K, Vit C, Vit F, Folates, minerals. Such a delicious sandwich is low in calories and rich in energy, a kind of package of superfoods, known to help to lower the risk of cancers. This is the perfect sandwich for a Sunday brunch or a breakfast before a workout.

Ingredients for 2:

- 2 medium sized beets
- 1 table spoon of Extra virgin olive oil
- ½ table spoon of white balsamic vinegar
- 1 avocado
- handful of organic arugula
- 4 pieces of buckwheat bread
- Goat cheese, yogurt , optional

Directions

Roasting beets

Preheat oven to 385 degrees F. Wrap beets in aluminum foil with herbs and crystal salts. Take them in the oven to roast for approximately 45 to 60 minutes, depending of the size. Remove them from the oven when they are soft enough leave them to cool for 10 minutes. Peel and dice the beets

Avocado

Peel and slice the avocado using a sharp knife., cut through the center of the avocado lengthwise

Arugula.

Prepare a light dressing with olive oil, white balsamique vinegar and the herbs, toss the arugula in it.

Sandwich

On the slice of bread cover with arugula, avocado beet, arugula avocado arugula.

If you use goat chees or yogurt you can toss the beets with it.

Top with another piece of bread and serve it. Enjoy “ a votre santé “

Keywords: Ageing, antioxidant, free radicals, oxidative stress

CoQ10,