

Salad with Baked Sweet Potato and Caramelized Orange



SERVINGS

2

INGREDIENTS

- 220 g kidney beans, boiled
- 1 sweet potato
- 3-4 tbsp olive oil
- 1 pinch of salt & pepper
- 1 pinch of cumin
- 1 orange, organic
- 125 g green lettuce of your choice
- ½ red onion
- 1 red paprika
- 20 g pumpkin seeds
- ½ zucchini
- 100 g corn kernels, organic
- 20 g goji or blueberries
- fresh parsley

for the dressing:

- ½ orange, organic, juiced
- ½ lemon, juiced
- 1 tbsp maple, date or coconut syrup
- 2 tbsp olive oil
- ½ tsp cinnamon, ground
- 1 pinch of chilli flakes

