



Slow Roasted Beet Salad

5 medium sized beets
2 Tb Olive oil or Coconut oil
3 Tb Balsamic vinegar
 $\frac{1}{4}$ cup nutritional yeast
Celtic sea salt to taste

Peel and chop the beets into bite sized pieces. Steam for about 20 min until tender. Toss in a glass bowl for about 2-3 min with oil of choice, until well coated. Add remaining ingredients and enjoy either warm or chilled.

