



Blushing Beet Spinach Salad
with Nut “Ricotta” and Apple Sauce” Vinaigrette”

Soak Nuts:

1/2 cup unsalted macadamia nuts or cashews
Filtered water as needed

Baking the Beets:

2 medium beets, washed, trimmed (red, blush, white beets are available)
1 Tablespoon avocado oil

Nut “Ricotta”

Soaked nuts in filtered water
1/4 cup unsweetened almond or oat milk
1/4 teaspoon finely ground salt

Apple Sauce “Vinaigrette”

2 Tablespoons olive oil
1/4 cup unsweetened natural apple sauce
1/4 cup alkaline water

1/4 teaspoon fine sea salt

Spinach Salad

4 cups fresh baby spinach, trim stems
2 large beets, rainbow, white, or red, roasted
1 red apple, cored, chopped
Herb sprouts thyme or parsley
Whole pistachios, shelled as desired

Soak the Nuts:

In a small bowl, cover the nuts with filtered water; cover the bowl; set aside to soak overnight.

Baking the Beets:

Preheat oven to 400-degree F. Line a baking pan with aluminum foil. Rub the beets with oil, wrap into tightly sealed aluminum foil bundle. Bake for about 1 hour or until fork slides easily through the beets. Unwrap beets; let cool until can be handled. Gently rub the beets with paper towels to remove their skins. Slice the beets into wedges; set them aside.

Make the Nut “Ricotta”:

Rinse; drain the liquid from the soaked nuts; place them into food processor. Add almond or oat milk and salt. Process until mixture is creamy but still retains some texture, about 1-1/2 to 2 minutes. Transfer to a bowl; cover; refrigerate until needed. Use within 3 days. If mixture is too creamy, spread on microwave-safe plate, cook in microwave oven on high power for 20 seconds or until mixture becomes more textured.

Make the “Vinaigrette”: In small bowl, whisk all vinaigrette ingredients until combined. Set aside.

Assemble the Salad: Arrange spinach leaves on large platter; top with beets, chopped apples, sprouts, nut “ricotta,” and pistachios. Drizzle “vinaigrette” over the salad.
Serves: 4

Recipe “Ricotta” idea: from *The Acid Watcher Cookbook* by Jonathan Aviv, MD

About the Recipe: This is a plan ahead balanced salad, reducing the acid vinaigrette. It is full of texture and has lots of flavor contrasts. The spinach leaves are dressed with an applesauce flavored “vinaigrette” and have chunks of roasted beets, fresh apples, sprouts, and pistachios. Bits of creamy nuts form a mock “ricotta” flavor that is sprinkled over the salad. It makes an interesting fresh supper salad.