CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Rosemary Beet & Toasted Cashew Salad

Training-Day Carbs & Micronutrients

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What This Supports

Supports carbohydrate intake, circulation, and micronutrients.

Why It Works

Beets provide nitrates while nuts add fats and minerals for recovery.

Ingredients

Rosemary Beet and Toasted Cashew Salad

Ingredients:

beets, roasted in 2-3 tbsp ghee

-3 tbsp olive oil

-2 tbsp balsamic vinegar

inch sprig rosemary

Salt and pepper

box baby bok choy

/4-1/2 cup feta cheese

cup cashew halves

/2 cup pure maple syrup

Cayenne pepper powder

Directions

beets, roasted in 2-3 tbsp ghee

. Roast beets in a covered baking dish (coat the dish in ghee) at 300 for approximately 50 minutes. Place in cold water, peel, then cube.

. Toast cashews over medium heat in a pan for 4-5 minutes, careful not to burn them. Add in maple syrup and cayenne and bubble until most of the liquid is gone. Set aside to cool.

. Serve with a boiled egg for added protein.

Best Use

Use as a main salad or training-day side.

Food Notes & Safety

Handle roasted vegetables safely.

Storage & Reheating

Refrigerate up to two days.