

## **RED BEET SALAD**

4 raw beets, grated

generous 1 cup of sunflower seeds, toasted

1 TBSP. Chopped fresh thyme

1 cup eggless mayonnaise

Combine all ingredients.

## **EGGLESS MAYONNAISE** Makes 1 CUP

2/3 cup soymilk ¼ tsp. Mustard powder

6 TBSP. Oil

2 TBSP. Lemon juice ½ tsp. salt or tamari

Place all ingredients in blender til smooth.