



# ROOT FRUIT SLAW

Roots, and root hairs, act as nature's straw to gather water and nutrients. They also anchor plants in place.

## INGREDIENTS

### Apple Cider Vinaigrette

- 1/4 cup apple cider vinegar
- 3/4 cup olive oil
- 1/2 cup honey
- Juice of 1 lemon
- Salt to taste

### Slaw

- 1 apple
- 1 carrot
- 1 beet



## DIRECTIONS

*Mix Apple Cider Vinaigrette ingredients in a bowl. Wash fruits and vegetables. Peel and cut ends of necessary foods. Grate into a bowl and mix. Drizzle dressing over slaw, mix well, and serve. Chill leftovers in air-tight container*

*Note: Slowly add dressing. You might find you do not wish to use it all. Store leftovers in an air-tight container.*

### Reflection:

- **How would you describe the flavors of our root fruit slaw?**
- **Why are root vegetables an important food for winter time?**
- **Why do vegetables store sugar or energy in their roots?**