

RAW MANGO SPROUTS SALAD

Ingredients :

- Raw mango – 1
- Sprouts – Matki or Masur steamed– 2 tbsp
- Kothmir
- Tomato – 1
- Onion – 1
- Green chilly – 1
- Salt
- Olive oil
- Flax seeds or pumpkin seeds or chia seeds

Process :

Take soaked sprouted Matki or Masur in a bowl. Add chopped tomato and onion to it. Chop raw mango to small pieces and add it to the bowl. Chop green chilly to small pieces and add it to the bowl. Spread chopped Coriander over it. Add salt and chat masala for taste. Add a little olive oil. Mix well. For more tanginess, you can squeeze a little lime juice over it.

For topping add some flax seeds or chia seeds.

Your salad is ready.