

# **RAW PAPAYA SALAD FOR WEIGHT LOSS ( RECIPE NO.2)**

## **Ingredients :**

- Medium sized green papaya
- 1 medium sized carrot
- 1 apple
- 1 tomato
- ½ cup roasted peanuts
- 3-4 garlic cloves
- 2 green chillis or red chillis
- 7-8 small onions (shallots)
- Kothmir
- Mint leaves (Pudina) (3-4 leaves)
- Lemon – 1
- Ginger – small piece

## **Process :**

Peel the green part of the papaya completely and thinly slice it by using any one of the methods.

(1) Hold the papaya in hand or keep it on the cutting board and go on straight chopping on the top part and then slice it so that thin slices of the papaya are available.

(2) Use a peeler to slice the papaya to thin slices.

And transfer the slices to a bowl.

## **Dressing :**

Crush the garlic cloves and chillis together on a stone by hand or use the mixer. Add the small onions duly peeled and crush them. Then add Kothmir leaves and 3-4 mint leaves and crush them together. Thereafter add lemon juice of 1 lemon and grated pieces of ginger, salt and 1 tbsp of Apple Cidar Vinegar. Mix all tother. The dressing is ready.

Take the bowl and add grated carrot and mix well.

For sweetness add thinly slices apple pieces and 1 or 2 tbsp of pomegranate seeds and sliced tomato.

Now add the dressing to the bowl. Over the salad spread some finely chopped coriander leaves (couple of sprigs), one frig of fresh mint leaves (tear by hand and add).

Next take ½ cup of roasted peanuts. Crush them lightly and pour over the salad. Mix well.

For topping, spread some pomegranate seeds on top and some mint leaves.

Your healthy weight loss salad is ready.