

# RAW PAPAYA SALAD

## Ingredients:

- 1 medium-sized raw (unripe) papaya, peeled and grated
- 1 small carrot, grated
- 1 small tomato, chopped
- 1 small onion, thinly sliced
- 1-2 cloves of garlic, minced
- 1-2 red or green chili sliced (optional)
- 2 tablespoons of freshly squeezed lime juice
- 1 tablespoon of roasted peanuts, chopped
- Fresh cilantro for garnish

## Recipe:

1. Start by peeling and grating the raw papaya into thin strips using a grater or blender.
  2. Grate the carrot and chop the tomato into small pieces. Thinly slice the onion and mince the garlic. Slice the chilli into small pieces, if desired.
  3. In a large mixing bowl, combine the grated papaya, grated carrot, chopped tomato, sliced onion, minced garlic, and sliced chilli.
  4. Crush the roasted peanuts into small pieces and sprinkle them over the salad.
  5. Chop some fresh cilantro and sprinkle over the salad for garnish.
  6. If you are a diabetic, sprinkle a little of organic jaggery powder over the salad for sweet effect.
- Serve immediately and enjoy your delicious multi-taste raw papaya salad!

NOTE: Not recommended for people with allergies, kidney disorders and pregnant women.