

SPROUTS SALAD

Ingredients :

- 1 cup Sprouted Moong + Matki + Chana + Peanuts(boiled)
- Tomatoes - 2
- Dhania – ½ tsp
- Pink Salt to taste
- Lime Juice – ½ tsp
- Honey – ½ tsp } Optional
- Dates (2 seedless) }

Process :

Mix the sprouts. Prepare a paste of tomatoes. Add the paste to the mixture and add dhania, salt, lemon juice, honey and dates (minced). If you find it difficult to bite, you can grind it to a chutney and eat.