

TOMATO SALAD – RECIPE 1

Ingredients :

- Tomatoes – 4 medium sized
- Chopped cabbage – 2 cups
- Chopped Lettuce Leaves – ½ cup
- Grated coconut – 1 cup
- Organic Honey – to taste
- Pumpkin seeds

Process :

Cut the tomatoes in **round shapes** and place them over a thali. On top of each sliced tomato, place chopped cabbage in first layer and then place grated coconut in second layer. On each tomato slice put a drop of honey. Put a little of pink or black salt on each tomato piece for taste.

For topping spread some pumpkin seeds.