



Sprouts salad

A great Sunday morning with a nutritious breakfast :)

Ingredients

How many servings?

- 1 cup Sprouted Moong
- 1/2 cup grated Carrot
- 1/2 cup chopped Tomatoes
- 1/2 cup chopped cucumber
- Lemon
- Salt
- Black salt
- Cumin seeds powder
- Chat masala
- Black pepper powder

Steps

How long to cook?

- 1 In a bowl, add sprouted moong & chopped
- 2 Add salt, pepper, chat masala, cumin seeds powder & black salt to taste. Squeeze lemon juice & mix well
- 3 Serve as breakfast or salad with whole meal!