



## Nutritious Vegetable Salad ( L )

Serving: 1

Veg

### *Ingredients*

- 1 tbsp shredded cabbage
- 1 tbsp shredded red cabbage
- 1 tbsp chopped tomatoes
- 1 tbsp thinly sliced carrots
- 1 tbsp thinly sliced cucumber
- 1 tbsp thinly sliced red capsicum
- 1 tbsp thinly sliced yellow capsicum
- 1 tbsp thinly sliced green capsicum
- 1/2 tsp unsalted sunflower seeds  
(surajmukhi ke beej)
- To Be Mixed Into A Dressing
- 1 tbsp grated apple (with the skin)
- 1 tsp lemon juice
- pinch of dried oregano
- 1 tsp finely chopped raisins (kismis)  
, optional
- Pinch of salt
- 1/2 tsp organic honey

### *Preparation Method*

- 1. Combine all the ingredients along with the dressing in a deep bowl and toss well.
- 2. Serve immediately.