



Fruity Sprouty Bean Salad (HS)

Serving: 1

Veg

Ingredients

- Serves 1
- **For the salad**
- $\frac{1}{4}$ cup mixed sprouts, parboiled
- $\frac{1}{2}$ apple, finely chopped
- 4 segments of orange
- 2 tbsp chopped pineapple
- 2 tbsp pomegranate seeds
- 2 nos. lettuce leaves
- 6-8 spinach leaves
- 1 green chilli, finely chopped
- Salt to taste
- **Dressing:**
- $\frac{1}{4}$ cup low fat curds
- 2 tbsp chopped mint
- $\frac{1}{2}$ tsp sugar
- Salt to taste

Preparation Method

- For the Dressing
- Mix all the ingredients well and keep aside.
- For the salad
- 1. Mix all the ingredients well in a bowl and keep in the fridge to cool.
- 2. Just before serving add the prepared dressing and mix well.
- 3. This salad tastes best when served chilled.