

Healthy Recipes

Fresh Sprout Salad

1 cup	fresh alfalfa sprouts
1 cup	fresh lentil sprouts
1 cup	fresh mung bean sprouts
½ cup	fresh aduki, green pea, garbanzo or mixed bean sprouts
½ cup	fresh of pretty much any sprouts you can get your hands on!
1 tbsp	sesame seeds
2 tbsp	sunflower seeds
½ cup	chopped green onion
½ cup	diced cucumber
½ cup	diced green pepper
5-10	fresh cherry tomatoes
for taste	fresh herbs

Mix or toss ingredients together and dress with olive oil & lemon or olive oil & balsamic vinegar or lemon & apple cider vinegar.

This is a great salad with very good protein content – refreshing and rejuvenating!