

Cucumber Sprouts and Apple Salad

Makes- 2 Cups

Ingredients

- $\frac{3}{4}$ cup fresh mung bean sprouts
 - $\frac{1}{2}$ cup peeled diced cucumber(deseeded)
 - $\frac{1}{2}$ cup carrots, julliennes
 - $\frac{1}{4}$ cup spring onions and greens
 - $\frac{1}{2}$ Apple, cubes
- For Dressing:
- 2 tablespoon lemon juice
 - $\frac{1}{2}$ tablespoon extra virgin olive oil
 - 1 tablespoon chopped fresh cilantro
 - Salt- to taste
 - Black Pepper powder- to taste

Recipe

- Mix together the veggies, sprouts and apples in a bowl.
- Whisk together the salt, pepper, lemon juice and olive oil in a separate bowl.
- Add to the salad and toss well to mix.
- Garnish with cilantro and serve at room temperature or slightly chilled.