**Cruciferous Salad**

Makes- 6 Cups

Ingredients

* 1 cup hung curd
* 1 tablespoon lemon juice
* 2 tablespoons Dijon mustard
* sea salt, to taste
* 1 garlic clove
* ¼ cup sprouts
* 2 cups shredded purple cabbage
* 2 cups shredded green cabbage
* 2 carrots, shredded or julienned
* 2 tablespoon pomegranate
* 10-12 pcs of grapes, halved
* 1 teaspoon of sugar

Recipe

* In a bowl add the hung curd, lemon juice, salt, crushed garlic, dijon mustard, sugar and whisk and keep aside.
* Mix the vegetables in a large bowl. Add the sprouts, fruits and the curd and mix well.
* Refrigerate for an hour or two let the flavors mix. Serve cold or at room temperature.