

Nature Salad:

(Recipe by Sapna Chandnani)

Ingredients: Serves 3-4

- Two medium cucumbers
- Two carrots
- Four tomatoes
- One large red or yellow pepper (Please note- do not eat green pepper raw as it is harsh on stomach)
- One cup fresh coriander finely chopped
- One tablespoon pomegranate seeds (Optional in season)
- Two tablespoons fresh grated coconut
- One teaspoon black sesame seeds
- One teaspoon sesame -flax seed powder (see the recipe above)
- Fresh lemon juice to taste

Method:

1. Dice cucumber, carrots, tomatoes and peppers into pieces.
2. Add finely chop the coriander and toss with rest of the ingredients in a bowl
3. Add the grated coconut and sprinkle black sesame seeds
4. Add lemon juice and stir well.

Note: No salt is required for this salad; as the combination of coriander and coconut gives it a delicious fresh flavor.