

Recipe

Beans-Sprouts and Fruit Salad

By

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Ingredients

- Bean sprouts - 1 cup
- Baby tomatoes - 8
- Oranges - 2
- Pineapple - 2 slices
- Mango (ripe) - 1
- Apple - 1
- Peach - 1
- Apricots - 6
- Lettuce leaves - 6
- Olive oil - 4 tbsp
- Balsamic vinegar - 1 tbsp
- Salt - To taste
- Peppercorns (freshly ground) - ½ tsp
- Fresh orange juice - 2 tbsp

Preparation

1. Wash and drain bean sprouts.
2. Wash and cut baby tomatoes into two.
3. Peel oranges, separate segments, remove pips and slice them.
4. Cut pineapple slices into cubes.
5. Wash and peel mango. Cut into slices and then into cubes.
6. Wash apple and peach and cut into cubes.
7. Soak apricots in warm water for a few hours, if dry or else wash and use as such.
8. Wash lettuce well under running water and shred.
9. Put all the above in a salad bowl. Add bean sprouts and toss.
10. Prepare dressing by mixing together olive oil, balsamic vinegar, salt, freshly ground Peppercorns, fresh orange juice. Mix well and chill till use.
11. Just before serving add dressing to bean sprouts and fruit mixture and serve.

Serves

3-4 Persons

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