

From the Kitchens' of



Crunchy Sprout Salad

Serves 4

Cooking Time 15 mins

Ingredients

2 Cups of beans, sprouted: Lentil, Mung bean, Adzuki, Chickpea, Green pea,
Blackeyed pea (Any combination)
4 Tbsp salad vinegar (Try Hot Pepper Vinegar!)
1/2 cup grated soy cheese
4 Tbsp Extra Virgin Olive Oil
2 small tomatoes, finely diced

1/4 cup roasted Soy Nuts, unsalted
1/2 cup Sunflower seeds, unsalted
salt to taste

Directions

Toss all ingredients together and serve immediately.
May be served on a bed of lettuce or spinach if desired.

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