



Towards a new dawn

Ministry of Women and Child Development
Government of India

SPROUTED SALAD



Instructions

- Prepare sprouted green gram, sprouted chana and sprouted moth one day in advance.
- Add some water to a pressure cooker and cook the sprouted green gram, chana, and moth dal for 2 whistles.
- Wash and finely chop all the vegetables.
- In a bowl add the chopped vegetables and the boiled sprouted green gram, chana and moth.
- Mix all the ingredients well.
- Add the spices and lemon juice and mix well before serving.

INGREDIENTS:



- **Sprouted green gram** - 40g



- **Sprouted chana** - 20g



- **Sprouted moth** - 40g



- **Tomatoes** - 100g



- **Cucumber** - 100g



- **Onion** - 50g



- **Carrot** - 50g



- **Coriander leaves** - 50g



- **Black pepper** - to taste



- **Lemon** - To taste



- **Water** - As required



- **Salt** (if required)

WHY IS IT HEALTHY FOR YOUR CHILD?



- **Good source of Folate**



- **Good source of magnesium**

