

Carrot Lentil Salad

1 c. sprouted lentils
1 c. grated carrots
¼ c. chopped green onion
1 Tbs. Olive oil
1 Tbs. Apple Cider Vinegar or Lemon juice
Seasonings

Mix ingredients together, add seasonings, and keep in the refrigerator. Best if eaten within 3 days. You can also use other kinds of sprouts as well.

Seasoning variations: add 1 tsp. Curry powder, chicken grill seasoning mix, onion powder, garlic salt, and ginger. Experiment to find what you like best.

Low Glycemic, Live Food

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