

Recipe Of The Season - By Sharnell Lawrence

SUPER HEALTHY SPROUT AND SEED SALAD

Summer is a great time of year, sometimes we can overindulge that's why it's good to maintain a balanced diet. In this nutritious salad each ingredient is its own little power house of vitamins and minerals.

(Use Organic ingredients where possible)

Ingredients

300g brown rice
150g wild rice
5 tbs olive oil
juice of 2 lemons
3 tbs tamari
1 handful of each mung and lentil sprouts
150g cooked chickpeas
3 tbs of each toasted sunflower and pumpkin seeds
2 tbs toasted sesame seeds
1 red pepper finely diced
200g snow peas blanched, refresh under cold water and slice diagonally
1 carrot finely diced
(Most ingredients available in-store)



Method

Cook the brown rice and wild rice separately in boiling water, until tender. Drain & mix together both types of rice, olive oil, tamari and lemon juice. Add all other ingredients and stir through. Serve at once.