



Sprout Salad

Adapted from: www.cookbooks.com

Prep time: 5 min

Serves: 2-4

Ingredients:

3/4 cup / 6 oz / 170 g plain Greek yogurt
1/4 teaspoon salt, plus more to taste
1 handful arugula, chopped
1 small bunch chives, minced
8 oz mung bean sprouts, about 2 cups
A big handful of well-toasted, sliced almonds
1 ripe avocado, chopped
Good extra virgin olive oil
To finish: chive flowers (optional)

In a small bowl combine arugula, chives and salt.

In a larger bowl toss the mung beans and almonds with a splash of olive oil and a pinch of salt. Add the avocado, and gently toss once or twice more.

For dressing, you can either drizzle Olive Oil & Apple Cider Vinegar over salad, or you can make simple Tahini dressing:

- 1/3 cup well-stirred **tahini** (Middle Eastern sesame paste)
- 1/3 cup water.
- 1/4 cup plus 1 tablespoon fresh lemon juice.
- 2 garlic cloves, chopped.
- 3/4 teaspoon salt.
- 1/4 teaspoon Sucanat (optional)

If you had a few chive flowers in your bunch, sprinkle them across the top.