DietCloud – Recipe

Recipe Name: Mung Bean Sprouts Salad Recipe With Brussel Sprouts and Pomegranate

Diet Type: Vegetarian

Course: Appetizer

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Green Moong Sprouts • 1/2 cup Fresh Pomegranate Fruit Kernels • 5 Brussel sprouts - shredded • 15 Cranberries • 1 teaspoon Honey - optional • 1 Green Chilli - finely chopped • 1 Lemon - juiced • Salt and Pepper - to taste	3

Preparation

• If you are making Green Moong Sprouts at home, follow this recipe.

• It will a little more than a day to get your sprouts ready.

• Click here to see the recipe of how to make Green Moong Sprouts.

• Once you have all the ingredients ready; into a large bowl add all the ingredients and give it a good toss.

• Check the salt and tanginess and adjust to suit your taste.

• Serve the Bean Sprouts Salad immediately or refrigerator for a couple of hours and serve chilled.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)