

COLORFUL SALAD

Ingredients :

- Zucchini or cucumber
- Bell Pepper – Red, Yellow (seeds removed)
- Capsicum (seed removed)
- Guava (seeds removed)
- Purple cabbage
- Jamun fruit
- Kiwi fruit (skin removed)
- Carrot
- Tomato
- Onion
- Rock salt
- Lemon juice
- Garnish with sunflower or pumpkin seeds

Procedure :

Cut the vegetables and fruits into small pieces and mix them together. Add salt to taste and lemon juice. Add some seeds for topping and coriander leaves.