

Food Babe's Enzyme Rich Lentil Papaya Salad



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	30 mins	35 mins	2

<https://foodbabe.com/are-you-avoiding-papaya-because-it-might-be-gmo>

Ingredients:

- 1 cup sprouted lentils
- 1 fresh whole papaya, peeled and diced
- ½ red bell pepper, diced
- 2 scallions, chopped
- 2 tablespoons fresh cilantro, chopped

Dressing:

- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons apple cider vinegar
- 1 teaspoon ground coriander
- ½ teaspoon raw honey (get local if possible)

Instructions:

1. Cook 1 cup of lentils according to package instructions.
2. While the lentils are cooking, in a small bowl, whisk together the dressing ingredients.
3. Place the lentils, papaya and veggies in a bowl. Top with the dressing and toss to combine. Enjoy!

Notes:

- Optional - dry and grind 1 tsp of papaya seeds and add it to the dressing.
- Please use all organic ingredients if possible.