

# Food Babe's Lentil Detox Salad



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	25 mins	30 mins	4

<https://foodbabe.com/go-salad-heavy-eating-big-meals>

## Dressing Ingredients:

- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt
- 1 pinch ground black pepper, to taste
- 2 teaspoons curry powder
- 2 teaspoons raw honey (get local if possible)
- 1 lime, juiced

## Salad Ingredients:

- 2 fresh red peppers, diced
- 1 avocado, diced
- 2 tablespoons raisins
- 1 bunch fresh cilantro, chopped
- 8 ounces sprouted lentils, cooked

## Instructions:

1. Mix together dressing in a large bowl, add together the other ingredients (except avocado) and mix well.
2. Serve immediately or store in fridge up to 3 days.
3. Top with avocado before serving.

## Notes:

- Please use organic ingredients if possible