



**miracle drinks®**  
NEO AYURVEDA  
Be Healthy Again

## Super Salad



Super Salad

Carrot, Radish, Cucumbers, Sweet Potato, Onion, Tomato, Radish, Any Leafy vegetables  
Green Gram (Sprouted), Peanuts (Sprouted)

**Method of Preparation:** Firstly follow leaching process - Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash/rinse the vegetables/leafy vegetables in boiled water.

- Grate all the vegetables and mix them together.
- Add some spices and garnish as required. , with little dry fruits can be added to this salad.