

# CARROT RAISIN SALAD

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## BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
  - An Occasional Treat
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*The ingredients are very simple & all easily available in any Indian Kitchen. The raisins, tahini and carrots combine together to create an absolutely yummy dish. Tahini is a paste made from sesame seeds and is common in Mediterranean cuisine.*

## INGREDIENTS

SERVES 2 AS MAIN MEAL

- 3 cups shredded carrots
- 1 cup homegrown vegetable sprouts (such as alfalfa, clover, radish)
- 2 tablespoon finely chopped mint
- ¼ cup soaked cashews, chopped
- 3 tablespoons raisins (kishmish)

### Tahini Dressing

- 1 cup white sesame seeds or 4 tablespoons homemade tahini
- ½ cup water
- 4 dates, seedless
- 2 tablespoons lemon juice
- 1 tablespoon powdered jaggery
- ¼ green chili
- ½ teaspoon rock salt

## PRE-PREPARATION

Preprepare vegetable sprouts as explained on pg 37

## METHOD

First, prepare the tahini.

1. To prepare tahini, add sesame seeds to a saucepan over medium heat and toast, stirring constantly until the seeds become fragrant and very lightly colored (not brown), 3 to 5 minutes. Careful, sesame seeds can burn quickly.
2. Once sesame seeds have completely cooled, add them to a small blender and blend until a paste forms, about 30 seconds. The tahini should be extra smooth, not gritty.
3. To prepare the tahini dressing, place 4 tablespoons of this homemade tahini into a blender, along with water, dates, lemon juice, jaggery, chili and salt. Blend until smooth.
4. Place the carrots, sprouts, mint, cashews and raisins to a large mixing bowl. Mix well. Pour the tahini dressing on top and serve.