

# Bean Sprouts and Carrot Salad

## Ingredients

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2 c grated carrots  
1/2 c bean sprouts  
1 t honey or sugar  
1 T lemon juice  
1 T grated fresh coconut  
1 T finely chopped cilantro  
1 T sunflower seed oil  
1 t mustard seed

## Instructions

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In a large bowl, gently toss the carrots, bean sprouts, sugar, lemon juice, coconut, and cilantro.

Heat the oil in a small saucepan over medium heat. Stir in the mustard seed, and cook until golden brown. Mix into the salad. Season with salt.