

Blueberry & Chickpeas Salad

serves 4

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INGREDIENTS

120g blueberries, whole
120g chickpeas (half a cup, cooked)
100g cucumber, diced
2 tablespoons red bell pepper, chopped
140g Romaine lettuce, chopped

Dressing

3 tablespoons Greek yoghurt
1 tablespoon chopped mint
1 tablespoon lemon juice
A pinch of pepper

METHOD OF PREPARATION

1. Make the dressing by mixing all the ingredients in a small bowl.
2. Add 1 to 2 tablespoons of water to get the desired consistency.
3. Make the salad by tossing all the ingredients and topping with the dressing!

NUTRITION INFORMATION per serving

Energy	84 kcal
Protein	5g
*Carbohydrate	15g
Total Fat	1g
Dietary Fibre	4g
Sodium	11mg

*Carbohydrate exchange ~ 1 exchange