



## Yogic Diet

### Green diet

#### **Broccamole**

- 2 double handfuls broccoli
- 1 small green chilli, finely chopped
- Juice of 1 lime
- 1 garlic clove
- 1 small green tomato diced
- 3 spring onions
- Cumin

Steam broccoli until tender.

In food processor, put broccoli with all ingredients except the tomato and sliced spring onions.

Blend ingredients then place into bowl and stir in tomato and onions.