

Bean Salad With Kefir Water

6-8 Servings

Equipment Needed:

Bowl for making the salad in
Measuring cups and measuring spoons
Spoon for mixing the salad
Cutting board
Sharp knife

To Make The Salad

1 cup cooked kidney beans*
1 cup cooked chickpeas *(garbanzo beans)
1 cup raw green beans
1 cup cooked aduki beans*
1 medium red onion, chopped (about 1 cup)
1/3 cup kefir water
1/2 cup olive oil
1/3 cup apple cider vinegar
2 tsp raw honey
Sea salt and pepper to taste
2 tbsp fresh dill or parsley

Rinse all the beans and place in a bowl. Wash the beans and cut into small one inch pieces. Add to the bowl. Mix the oil, vinegar, honey, and kefir water together. Add to the bowl. Add the rest of ingredients and mix. Season to taste with sea salt and pepper and chill. For better digestibility, it is best to make the salad the day before and chill overnight in the refrigerator

*Any type of cooked legumes will work in this recipe so chose the ones you like the best. If buying canned legumes, pick a brand without added salt. Always rinse canned legumes. To cook the dry legumes: See the "Helpful Cooking Techniques" for instructions and video