

Thai Green Papaya & Mint Salad

Ingredients:

- 1 cup shredded green (unripe) papaya
 - 1/2 cup shredded cucumber
 - 2 tbsp fresh mint leaves, chopped
 - 1 tbsp lime juice
 - 1 tsp grated ginger
 - 1 tsp coconut aminos (or tamari)
 - 1/2 tsp raw honey (optional)
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Instructions:

1. In a bowl, combine green papaya, cucumber, and mint.
 2. Whisk together lime juice, ginger, coconut aminos, and honey.
 3. Pour dressing over salad and toss to coat.
 4. Serve immediately for a crisp, refreshing cleanse.
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Health Benefits:

- **Green papaya** contains papain enzyme for digestive cleansing
- **Mint** cools the liver and soothes the gut
- **Ginger** and **lime** stimulate digestion and fight inflammation

- **Coconut aminos** are a healthy, low-sodium flavor booster