



Yogic Diet

Mung bean & Rice diet

Mung dhal to serve with rice

- 2 cups mung beans – soaked
- 4 cloves garlic
- 3 inches fresh ginger grated
- 1 onion
- Fresh basil leaves to garnish
- Olive oil
- Cardamom,
- Cumin, Coriander
- Oregano
- Turmeric
- Cayenne pepper
- Water
- Tamari or Braggs

Cook garlic, ginger and onion in oil, add all spices to taste.

Mix well and add drained mung beans.

Cover with water, bring to the boil and then simmer for about 1 ½ hours.

Season with tamari and chopped fresh basil.

Serve with rice.