



Yogic Diet

Mung bean & Rice diet

Mung beans and rice winter style

- 2 cups brown basmati rice
- 1 large onion chopped
- 8 garlic cloves crushed
- 3 inches ginger grated
- 2 cups sprouted mung beans
- 1 sweet potato
- 4 carrots
- 1 beetroot
- 1 small butternut squash
- 7 florets broccoli
- Fennel seeds
- Cayenne pepper
- Cumin
- Cardamom pods
- Tamari or Braggs

Sauté onion, garlic and ginger in oil, add sprouted mung beans and rice.

Add spices and stir.

Add water to cover, and bring to boil, then simmer and cover pot; cook for about 20 minutes.

Steam the vegetables separately, and then add into the cooked mung beans and rice.

Add olive oil and tamari to taste.