

MOONG BOWL

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
 - An Occasional Treat
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A fully raw, refreshing bowl. It's easy to make and hence, very good for people who do not have much time to cook.

INGREDIENTS

SERVES 3 AS MAIN MEAL

- ½ cup split moong dal with skin
- 1½ cup finely chopped fresh methi leaves
- 1 cup finely chopped coriander
- 1½ cup diced apple
- 1½ cup chopped grapes
- 1½ cup pomegranate
- 2 tablespoons chia seeds
- 2 tablespoons pumpkin seeds
- 2 tablespoons white sesame seeds

Flavouring

- 1 teaspoon grated fresh ginger
- 2 tablespoons lemon juice
- 1 teaspoon rock salt
- 1 green chili, crushed
- ⅛ teaspoon asafoetida (hing)

PRE-PREPARATION

Soak split moong dal in water for about 4 hours and then drain out the water.

METHOD

1. Place the moong dal, methi, coriander, apple, grapes, pomegranate, chia seeds, pumpkin seeds and sesame seeds into a large mixing bowl. Mix well.
2. Place all the flavouring ingredients into a small mixing bowl and mix well, so they become infused together.
3. Add this flavouring to the rest of the ingredients, mix well and serve.