



Yogic Diet

Mung bean & Rice diet

Vegetables, beans and rice

- 1 beetroot
- 1 small red hot chilli
- 4 carrots
- 1 sweet potato
- 1 yellow pepper
- 8 broccoli florets
- 1 purple onion
- 2 cups freshly sprouted mung beans
- 2 cups white basmati rice
- Fresh parsley
- Fresh coriander
- Olive oil
- Cardamom pods
- Water
- Braggs or Tamari

Chop and steam all the vegetables.

Cook rice with a swirl of olive oil and 2 cardamom pods.

When cooked, add the steamed vegetables, parsley, coriander and tamari.

Just before serving toss through the sprouted beans.