



### ***Sprouted Mung Beans***

Serves 2-3 | Prep time: 24 hours | Cook time: 20 minutes

2 cups mung beans  
7 cups water  
4 Tbsp ghee  
2 tsp black mustard seeds  
5 cloves chopped garlic  
1/2 tsp turmeric  
1 tsp cumin  
2 tsp salt  
1/3 cup water

Soak the mung beans in water over night. Drain water, cover and let sprout for 12 hours.

Melt ghee in a large saucepan at medium heat. Add mustard seeds. Stir for 1 minute, letting them pop gently. Add garlic. While stirring, saute for 30 seconds. Add turmeric and cumin. Saute for another 30 seconds.

Combine sprouted beans with spice mixture, salt and water. Bring to a boil, then cover and reduce heat to low. Cook 15-20 minutes or until tender.

Add lemon juice to taste.

### ***Did you know?***

*1 cup of cooked mung beans contain 22g of protein (equal to more than 2 eggs!) and 18g of fiber!!*

### ***What is ghee?***

*Ghee is the same as clarified butter. You can make it yourself or purchase it at a Whole Foods Market. Look for ghee from Canada where BGH is prohibited.*

### ***Ingredients***

*Mung beans, turmeric and cumin can all be purchased at Whole Foods. Look for the beans in the bulk section. Mustard seeds are commonly found at Indian grocers.*

*This recipe was submitted by a patient. She says "This stuff is so good, I could eat it all day!"*

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