



Sprouted Moong Dosa*

Serving: 1

Veg

Ingredients

- -30 gms Sprouted Moong Dal
- -1" Raw Ginger
- -Green Chillies Optional
- -Red Chilly powder optional
- -Cumin seeds, a pinch
- -1 tsp Ghee
- -Pink salt according to taste

Preparation Method

- 1. Soak the sprouts in fresh water for half an hour.
- 2. Strain the water lightly from the sprouts, after about half an hour.
- 3. Put the sprouts in a mixer or a food processor and get ready to make a paste of them.
- 4. Now add the ginger, cumin seeds, salt and green chilly to the sprouts.
- 5. After blended the sprouts a little found the batter to be very bland, so add some red chilly powder and freshly chopped coriander to it. If you think that the batter is very thick you can add some water to it and get a thick flowing consistency.
- 6. Heat the non stick pan on which you intend to cook the crepes or dosa.
- 7. Add some ghee and then start spreading the batter on the pan.
- 8. Cook on high heat for two to three minutes and then flip the dosa.
- 9. Keep cooking till you get a nice golden colour on both the sides.
- 10. Enjoy with chutney.