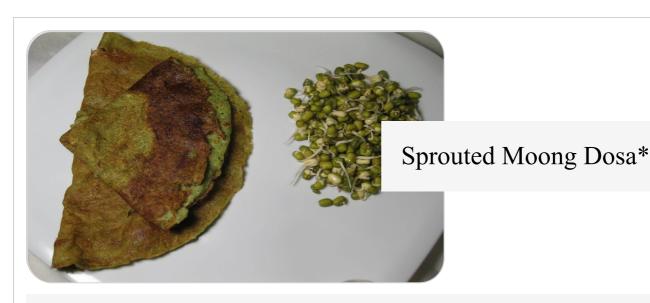


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Serving: 1 Veg

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.