

SUMMER TIME 'MUDGA' PANCAKES



Ingredients

- **1 cup Mung Bean** (pre-soaked 8-12 hours incase of Whole Mung, 6-8 hours for split, 30 min - 2 hours for yellow split & dehulled)
- **2.5 - 3 Cups cold Water**

Spices

- 1/2 tsp dry ginger or 1 flat levelled tsp freshly grated Ginger
- 1/4 ground tsp or grated Turmeric Root
- 3/4 tsp Cumin Powder/Dry roasted Cumin seeds & ground in mortar
- **1/2 tsp Coriander (optional)
- 3/4 - 1 tsp Salt (Himalayan/ Celtic/ Seasalt)
- 1/8 tsp. Asafoetida
- 1/2 cup cold water

- 1 - 2 TBSP Ghee (VPK-) or Oil for frying/baking.

- (Best oil for Vata= Sesame or Almond oil
- Best oil for Pitta = Coconut or Avocado oil
- Best for Kapha = sunflower mixed with Mustard seed oil, Marula Oil

- 1 handful chopped fresh mint leaves or coriander leaves
- organic, natural Yogurt (Bulgarian Style or Greek- but needs to be unsweetened)
- fresh Avocado

****For this recipe you will need an electric high speed blender, a frying - pan or skillet.**



NOURISH-FOURISH

MUDGA = MUNG BEANS = MOONG DAAL= GREEN GRAM

maybe wondering -Why so many names?? - its all from the same “parents” in different languages/ cultures and sometimes treated a little different and used for many ailments and conditions.

First to know is, that it is a versatile legume, high in fiber, rich in protein, and offering Complex Carbs (long chain sugar molecules) with an array of minerals, folate and Vitamins adding ‘assets’ to your health. It is a great source of Iron, Magnesium and Potassium. Its superb for skin and eye health, as it contains Vit A, B1 (Tiamin), B2, B3, B5 (Phanthothenic Acid), B9 (Folate), C, D & K.

No wonder its referred to as “Queen of Legumes” in Ayurveda. Mung Daal are very often used in cleansing and rejuvenation therapies as it removes toxins and sluggishness and tones the tissues.

Its a food to reach out for in cases of IBS, Blood Sugar Control, Digestive diseases.

Yellow Mung Bean are tridoshic and thus can be beneficial for any dosha - we can always temper this with Chutneys, spices and oils to make it more efficient for a specific dosha.

Mung Beans are available in various forms from whole green mung beans, freshly sprouted beans, de-hulled or slit.

This Recipe calls for any time of the day. Due to its high protein content it can well be enjoyed in the evening.

The split yellow Mung Beans are the most favored, when it comes to digestive health as they are the easiest to digest within the “Mung Bean Pool” as they have been de-hulled and split. De-hulling process offers little less Carbs than the whole Mung Bean. Mung Beans are naturally green with a yellowish inside.

One can create various meal options with the Yellow Mung like Moong Dhals, Kitcheries, Soups, Stews, FlatBreads.



PREP TIME

10 MIN



COOK TIME

15 - 20 MIN



SERVINGS

2 -3

SERVINGS

Instructions

- 1.Pre-soak your Mung Beans as described under the Ingredients list
2. Dry roast the seeds in a pan on medium heat in case of seeds. (Roasting gives extra flavor)
- 3.Drain mung Beans & rinse under running water.
4. Add cold water into blender first.
- 5.Add the soaked Mung Beans, Spices & blend until it is a smooth dough like consistency.
- 6.Should you want a more slurry consistency - then gradually add more TBSP's of water.
7. Heat the Pan with 1 TBSP of Ghee
- 8.add 1 big serving spoon/ ladle of dough in the pan & flatten out to a round flatcake (normally I make mine always about 10cm diameter)
- 9.fry until the edges are beginning to foam/ brown
- 10.turn over to other side with spatula & fry till done.
- 11.WOOP - WOOP - and its done! Ready to be served. The texture is not as floppy as a normal pancake.
- 12.Serve with a dollop of Fresh Organic Yogurt & Garnish with some fresh peppermint/coriander leaves of Avocado on the side.

Serving Suggestions

These pancakes can be enjoyed with:

Avocado, stir-fried/ sautéed veggies

Chutneys

e.g Homemade Dates & Ginger chutneys

Mango Pickles and Pestos.



WWW.LIFEWEAVER.INFO

SUMMER TIME 'MUDGA' PANCAKES

Ayurvedic Notes

VATA & PITTA & KAPHA: balancing

(VPK-)

Tridoshic:

Lighter & drier for Kapha,

Grounding for Vata (obvious with addition to Ghee /Oils and warming spices-
Earth & Air are both cold in energetics.)

Cooling & soothing for Pitta

Taste/ Rasa: Astringent & slightly sweet

Food focus: Mung Bean

Elemental Construct: Earth & Air

Qualities: Cooling, Drying, Lighter & containing/ constricting

Its astringent taste adds a constricting energy which manifests as a “scraping action” in the channels. Thus making it a good gut & colon cleanser while it also tones the digestive tract and other tissues.

It scrapes away toxins & non-beneficial bacteria and parasites.

Kapha Dosha can greatly benefit as it assists in clearing excess Mucus and excessive stagnant water build-up. e.g. swelling in the Joints

Effects on the Body: Pungent: (post digestive effects)

In practical terms it has a Cleansing & Purifying action on the channels, scraping away toxic slug.

Subtle effects : Provides feelings of grounding, stability & contains the mind.

People with Anxiety - Worry - Overwhelm can benefit with this type of food with an increased effect when adding 1/4 tsp Nutmeg to the recipe.

WHAT ARE LECTINS ?

Lectins are part of the plant protein to protect the plant against animals and intruders, wanting to consume them. It can attach itself to certain carbohydrates/ part of the sugar chain molecules.

Lectins are difficult to digest and may interfere with nutrient absorption and causing digestive issues.

Lectins may act as an anti-nutrient, but not all lectins are harmful to humans.

Most grains, legumes, nuts, seeds, some fruit and some veggies contain lectins.

To overcome the negative effects of lectins, we just need to do 3 things:

- **nurture your Agni** (Digestive Fire) Agni needs to be constant and strong to break down the lectins.
- **Pre-soak:** Lectins are weakened by the soaking process (discarding the soaking water)
- **Cook** your food well

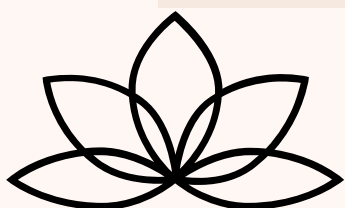
Legumes & Grains: need 8-12 hours (water should be discarded afterwards)

Most legumes & grains contain lectins which are difficult to break down. The soaking process reduces/ weakens the lectins and make them digestible.

The yellow split /dehulled Mung Bean does not contain as many lectins as the whole Mung Beans.

Stick to Foods with less Lectins e.g. Mung Beans, Adzuki Beans, Lentils, Chick peas in relation to the other legumes.

Wheat, Peanuts & red Kidney Beans are heavy in lectins.



“IN THIS PLATE OF FOOD, I SEE THE ENTIRE UNIVERSE SUPPORTING MY EXISTENCE.”
(THICH NATH HANH)

NOURISH - FLOURISH



WWW.LIFEWEAVER.INFO