

Herbal Legacy Recipes

Simple Sprouts Snack

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INGREDIENTS:

- 2 cups sprouted green Mung beans
- freshly ground black pepper
- salt to taste
- a pinch of cayenne pepper
- cumin powder
- juice of fresh lemon
- Coriander leaves or mint leaves



DIRECTIONS:

Mix all ingredients together and garnish with coriander leaves or mint leaves .ENJOY !

This is a healthy snack brimming with vitamins and light on the stomach. Can be had at tea-time or with lunch/dinner as a side-dish salad mixed with freshly cut tomatoes/cucumber etc.

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