



DELICIOUS RECIPES  
WITH  
**MUNG BEANS  
AND HERBS**

DAIRY &  
GLUTEN FREE

JENNY BLOM



**Delicious Recipes With Mung Beans and Herbs, Dairy & Gluten Free, by jenny blom**

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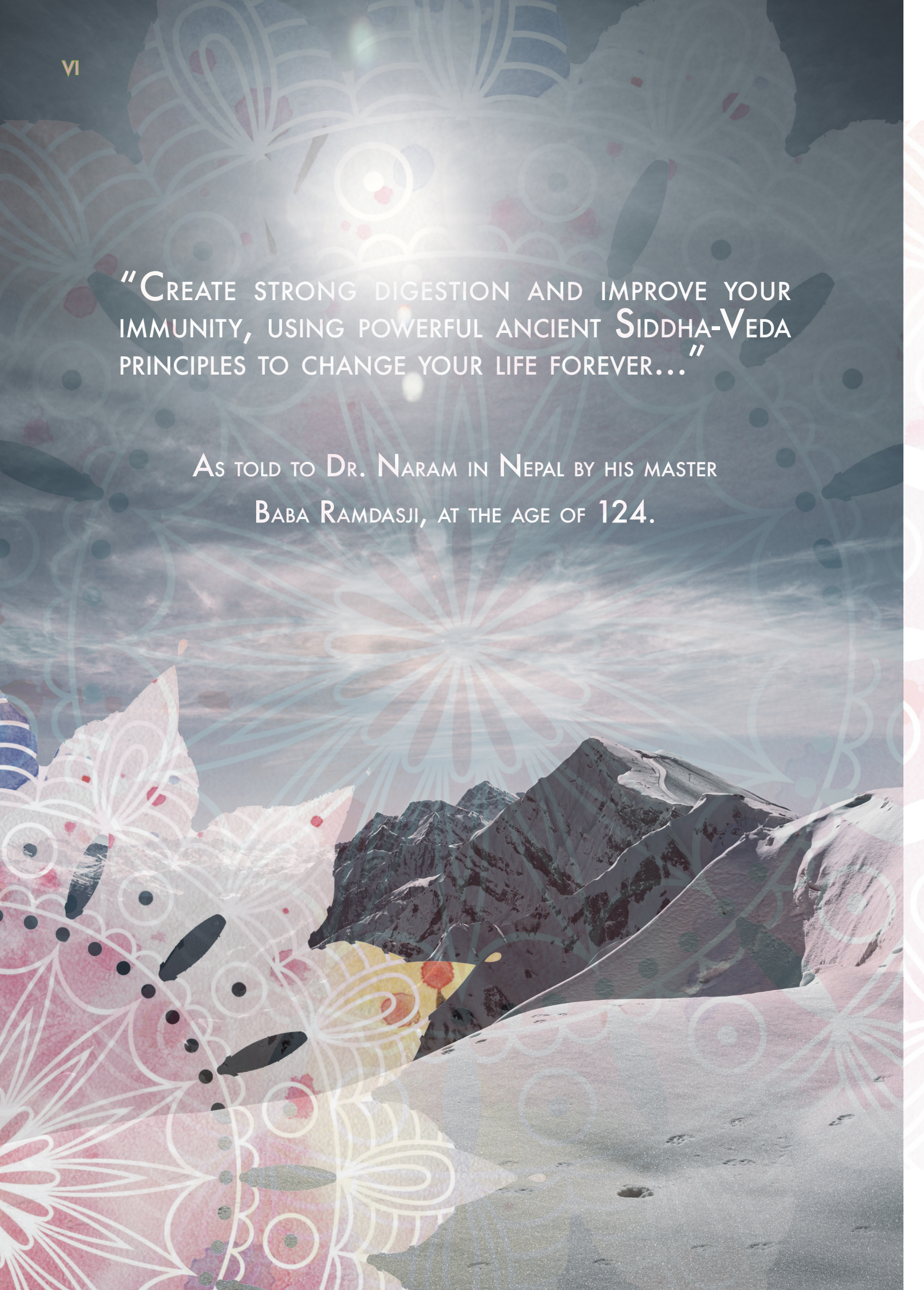
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"CREATE STRONG DIGESTION AND IMPROVE YOUR IMMUNITY, USING POWERFUL ANCIENT SIDDHA-VEDA PRINCIPLES TO CHANGE YOUR LIFE FOREVER..."

AS TOLD TO DR. NARAM IN NEPAL BY HIS MASTER  
BABA RAMDASJI, AT THE AGE OF 124.



# CONGRATULATIONS!

Simply opening this book shows that you don't want only vibrant health. You are searching for ways to achieve that without losing the enjoyment of lovely food.

Mung beans and herbs are potent sources of food to detox your body. After reading this book, it would be wonderful to know that you will become an expert in recognising certain herbs that work miracles in your body.

In this book, I have gathered many tasty recipes that inspire you to maintain the 30-day detox period with mung beans nicely and joyfully.

If you suffer from a dairy or gluten intolerance, don't worry. These easy, colourful, delicious dairy and gluten-free recipes will help you maintain a healthy and balanced diet.

All ingredients used in the recipes are in more than a few ways helpful for regaining your health. Furthermore, an explanation of the many health benefits of all the ingredients is included to clarify your understanding of what you eat.

Please take your time reading and making the recipes and reading the chapters so you get to know all the health benefits.

You will start to experience improvement in your health when you begin to use these herbs in all that you create in the kitchen.

Enjoy!

*Jenny Blom*

*Tiel, The Netherlands*

*February 2023*

# MATERIALS NEEDED

## FOR PREPARATION AND UTENSILS:

Cutting board  
Knife set with sharpener  
Measuring spoons and cups  
Vegetable peeler  
Spatula  
Tongs  
Strainer  
Cheese cloth

## FOR MIXING:

Hand-held blender or food chopper  
Set mixing bowls  
Whisk  
Large wooden spoons  
Rubber spatula

## FOR COOKING:

Pots and pans with lids  
Pressure cooker  
Kettle for boiling water  
Tea pot



# MEASUREMENTS & EQUIVALENTS

A dash or pinch $\approx$ 8 drops (liquid) $\approx$ $\frac{1}{8}$ tsp	1 tsp $\approx$ 60 drops
2 tbsp (liquid) $\approx$ 1 fluid ounce	3 tbsp $\approx$ $1\frac{1}{2}$ fluid ounces $\approx$ 1 jigger
4 tbsp $\approx$ $\frac{1}{4}$ cup	$\frac{1}{8}$ cup $\approx$ 2 tbsp
$\frac{1}{6}$ cup $\approx$ 2 tbsp + 2 tsp	$\frac{1}{3}$ cup $\approx$ 5 tbsp + 1 tsp
1 cup $\approx$ $\frac{1}{2}$ pint $\approx$ 8 fluid ounces	2 cups $\approx$ 1 pint $\approx$ 16 fluid ounces
4 cups = 1 quart = 2 pints = 32 fluid ounces	4 quarts = 1 gallon
1 peck = 8 quarts = 2 gallons	1 bushel = 4 pecks
1 ounce = 28.35 gram	1 pound = 453,60 gram

## Butter

Cups	Grams
$\frac{1}{4}$ cup of butter	57 grams
$\frac{1}{3}$ cup of butter	76 grams
$\frac{1}{2}$ cup of butter	113 grams

## Dry goods

Cups	Grams	Ounces
$\frac{1}{8}$ cup	16 g	0.56 oz
$\frac{1}{4}$ cup	32 g	1.13 oz
$\frac{1}{3}$ cup	43 g	1.50 oz
$\frac{1}{2}$ cup	64 g	2.25 oz
$\frac{2}{3}$ cup	85 g	3.00 oz
$\frac{3}{4}$ cup	96 g	3.38 oz
1 cup	128 g	4.50 oz

### Bread & Flour

Cups	Grams	Ounces
¼ cup	34 g	1.2 oz
⅓ cup	45 g	1.6 oz
½ cup	68 g	2.4 oz
1 cup	136 g	4.8 oz

### Rolled oats

Cups	Grams	Ounces
¼ cup	21 g	0.75 oz
⅓ cup	28 g	1 oz
½ cup	43 g	1.5 oz
1 cup	85 g	3 oz

### Sugar (Granulated)

Cups	Grams	Ounces
2 tbsp	25 g	0.89 oz
¼ cup	50 g	1.78 oz
⅓ cup	67 g	2.37 oz
½ cup	100 g	3.55 oz
⅔ cup	134 g	4.73 oz
¾ cup	150 g	5.3 oz
1 cup	201 g	7.1 oz

### Honey, Molasses & Syrup

Cups	Grams	Ounces
2 tbsp	43 g	1.5 oz
¼ cup	85 g	3 oz
⅓ cup	113 g	4 oz
½ cup	170 g	6 oz
⅔ cup	227 g	8 oz
¾ cup	255 g	9 oz
1 cup	340 g	12 oz



# PHILOSOPHY OF HEALING

## What are *Doshas*?

*Doshas* are predominantly made of 5 elements: Earth, water, air, space, and fire. These *Doshas* are essential vital energies behind every bodily function and structure.

***Kapha*** is composed of water and earth. *Kapha* is responsible for body structure, rejuvenation, stability, energy, and maintaining immunity. When imbalanced, it creates lethargy, overgrowth, blockages, and mucus. For example, heart disease is associated with artery congestion (lipoma, myoma, etc.).

***Vata*** is composed of air and space. It is responsible for every mental, emotional, and physical movement, including urination, bowel movements, intracellular movements, joint & muscle movements, thought processes, and blood, air, and food movements, to name a few. When imbalanced, it disturbs movement and creates tremors, joint stiffness, pain, anxiety, fear, insomnia, lack of energy, degeneration, an over-active mind, and lack of concentration.

***Pitta*** is composed of fire and water. It regulates digestion, metabolism, absorption, transformation, and governing body temperature. When imbalanced, it creates excessive anger, frustration, irritation, skin problems, acidity, and inflammatory disorders in the body.