



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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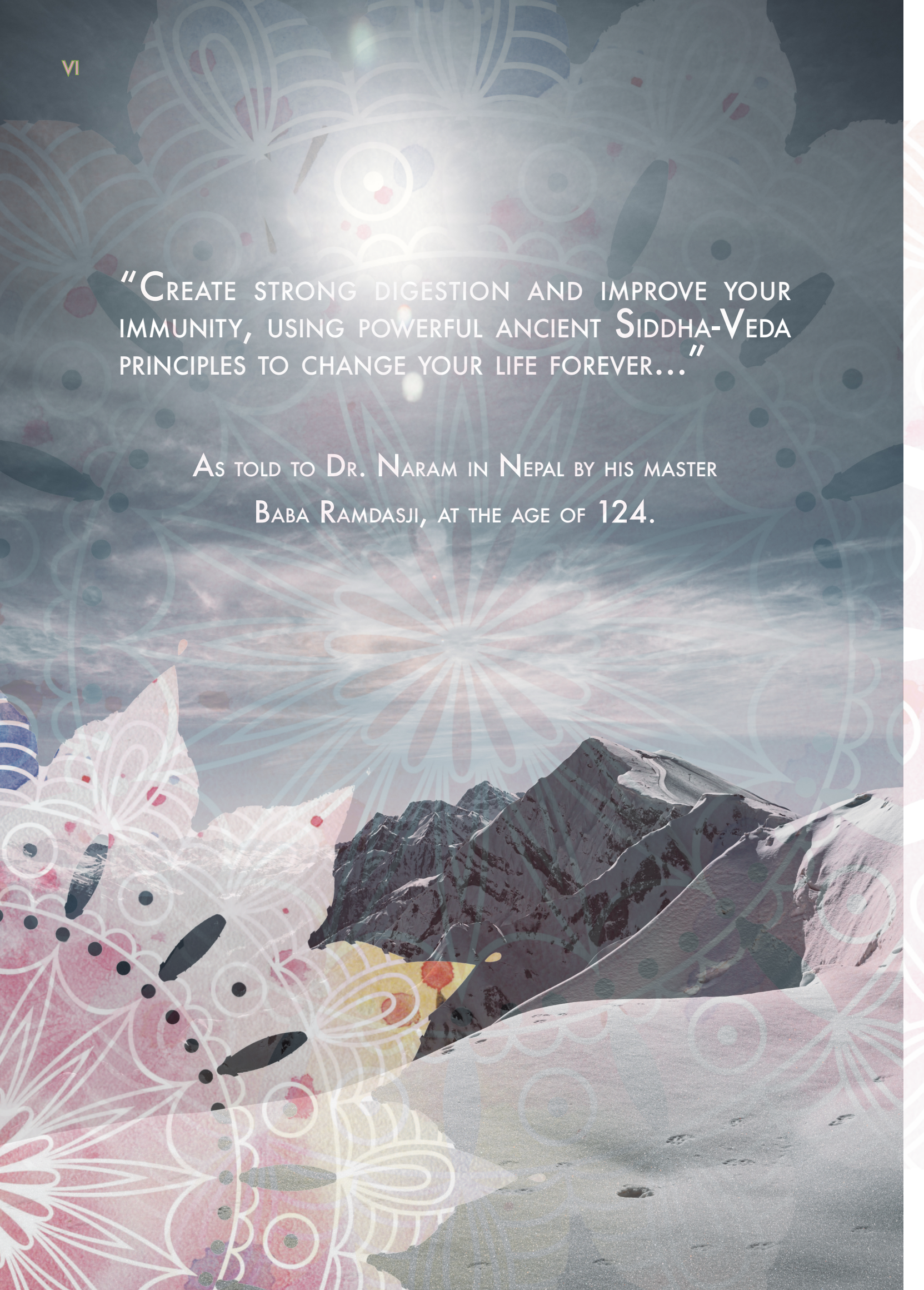
CONTENTS

Preface	vi
Materials Needed	viii
Measurements & Equivalents	ix
Why Should You Detox?	xii
Philosophy of Healing	1
How and When to Eat	3
What to Eat	4
<i>Vata-Pitta</i> Foods	5
<i>Kapha</i> Foods	7
Making Ghee	10
Dietary Recommendations	11
What is Mung Bean Good For?	12
Health Benefits of Mung Beans	14
Tips & Tricks to Reduce Gas	16
Ingredients	18
Kokum	20
Asafoetida	22
Coriander	23
Ginger	24
Cinnamon	25
Garlic	26
Cumin	28
Mustard	30
Turmeric	32
Fennel	34
Black Pepper	36
Jaggery	38
Garam masala	41
Mung Bean Soup	43

Squash-Mung-Mint Soup	45
Mung Bean Usal	46
Kitchari	48
Mung Dahl Soup	51
Italian Vegetable Soup	53
Creamy Mung Bean Soup	54
Indian Dahl With Sweet Potatoes and Spinach	56
Mung Bean Curry	59
Thai Vegetable Curry	61
Mung Dahl lentil Curry	63
Coconut Chutney	65
Curry Leaf and Cilantro Chutney	66
Yellow Split Mung Chutney	67
Pomegranate Chutney	68
Mango Chutney	69
Pineapple Chutney	70
Green Chutney	71
Mung Bean Humus	72
Mung & Fruit Salad	73
Wraps	74
Sprouted Dosa	75
Sprouted Mung Pakoda	76
Garlic Naan	77
Falafel	79
Tortillas	80
Poffertjes	81
Almond-Coconut Cookies	82
Brownies	83
Puffed Rice Balls	84
Love Sweets	85
Yogi Tea	86
Ginger Tea	87
Kokum Juice	88
Energy Power Drink	90
Tea to Reduce Gas	92

"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.