



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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"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.

Agni is the metabolic fire. This is the body's energy that, at a physical level, is entirely responsible for transforming things from one form into another in all steps, from food to tissues. Agni manifests in our body through different enzymes and hormones responsible for digestion and metabolism. Every transformation is supported by Agni, which is therefore vital for health because every function of our body is founded on change— from food to cells, from air to energy, and so on. If Agni is diminished, then so are all our functions.

Aama is the name Ayurveda gives to the physical toxins in the body which are produced because of undigested food, ingested pollutants, or emotionally and mentally stressful experiences. Excess Aama leads to clogging or blocking our bodily systems because our natural systems do not excrete it.

It leads to fermentation and subsequent imbalance in all three doshas. Aama toxic material is the fertile ground for the development of diseases. It has no proper function within the body, is only destructive, and is best avoided and removed.

Strotas are physical channels within the body, from large ones like the digestive tract to the microscopic ones at a cellular level. Strotas carry blood, sweat, pancreatic fluid, semen, and faeces and are how nutrients reach our cells and how we excrete waste. To keep these channels open and flexible is, of course, essential to having good health.

WHY SHOULD YOU DETOX?

Detoxification is the process of getting rid of things that don't belong in the body. It is an essential part of good health and long life.

We are exposed to a wide range of chemicals and compounds daily while living in the world today. Many of these compounds are unhealthy and may even harm the body. The environment, water, and food include:

- Pesticides and chemicals used in agriculture;
- Radiation, etc., from nuclear plants;
- Personal care products containing chemicals;
- Household cleaners;
- Other household products.

To become healthy and stay healthy, it is crucial to detox first. When you do this, you will already feel the benefits and feel more energetic. It might also be that many health issues disappear because many of the problems are caused by chemicals that surround us and are in prepared foods.

HOW TO EAT: FOR ALL DOSHA TYPES

- Eat only when you are hungry;
- Do not eat large meals after dark;
- Enjoy lots of mung soup;
- Do not drink water with meals; leave a half an hour gap before or after eating. If you need to drink, enjoy warm or room-temperature beverages;
- Avoid icy cold drinks at all times. Avoid all soft drinks, flavoured water, energy, and vitamin drinks, including sugar-free kinds;
- Avoid milk and dairy products (except ghee);
- Avoid sour and fermented food;
- Avoid wheat in any form: white wheat flour, whole wheat flour, multi-grains containing wheat flour as a thickener for sauces, as filler in ready-made food, etc.;
- Enjoy local, seasonal, and organic fruits and vegetables (except sour fruits);
- Enjoy plenty of cooked, green, leafy vegetables;
- Enjoy fresh-squeezed sweet fruit juices, and avoid bottled juices;
- Fresh soft cheese such as cottage cheese, ricotta cheese, fresh Feta cheese, and Paneer are preferred for occasional consumption;
- Eggs are a good source of proteins, and you may enjoy them if it does not conflict with your personal/religious beliefs or cause digestive issues.

WHAT TO EAT?

GRAINS TO ENJOY:

- Millet
- Oats (gluten-free)
- Amaranth
- Buckwheat
- Quinoa
- Rice
- Corn (only organic)
- Teff

OILS TO ENJOY:

Coconut oil, organic canola oil, and ghee are best for cooking. Olive oil is beneficial when used in the Extra-Virgin form and drizzled on top of cooked dishes, but it is unsuitable for cooking or heating.

OILS TO AVOID:

Peanut and mustard oils are Pitta aggravating and should be avoided for people with Pitta constitution or Pitta imbalance; margarine, lard, Crisco, cooking sprays, and all imitation oils should be avoided entirely.

SPICES TO ENJOY:

Spices aid in the digestion and absorption of nutrients and improve the flavour of food.

WHEN TO EAT?

- Meals should be spaced 4 to 6 hours apart to give your system time to thoroughly digest.
- On awakening: drink a large glass of room temperature water (a squeeze of lemon or lime, depending on dosha).
- 30 minutes before breakfast: one teaspoon of ghee (depending on your dosha)

Food should be spiced to have an overall warming effect, but not a hot effect. The overall effect of the combination of spices is most important.

Cumin, coriander, fennel, and saffron should be used liberally. Also, enjoy black pepper, fresh ginger root and ginger powder, turmeric, cinnamon, cardamom, cloves, mustard seeds, fenugreek, and nutmeg. Dill, anise, basil, oregano, poppy seeds, marjoram, sage, mineral salt, thyme, bay leaf, and asafoetida may also be used.

Breakfast:

At 7-8 am. Enjoy a warm, nourishing, light breakfast appropriate for your body type and dosha.

Lunch:

At Noon. Lunch should be your main meal when digestive capacity is highest.

Dinner:

Before sunset. Typically between 6-7 pm. Enjoy a lighter dinner to help your body effectively cleanse overnight while you are sleeping.

VATA & PITTA - FOODS



- Cooked vegetables such as butternut squash, marrow, courgette, spinach, French beans, mangetout, asparagus, fennel, sweet corn, onions, carrots, parsnips, beetroot, celery, chicory, and leeks. However, potatoes should only be taken occasionally.
- Pulses like mung and split mung, Tur Dahl, and red lentils are easy to digest, balancing and nourishing to the body. To get the total value from these legumes, they should be eaten with grains, especially rice. Tofu made from soybeans can also be enjoyed.
- Grains, including rice, oat, rye, maize, millet, amaranth, quinoa, kamut, spelt, polenta; everything apart from wheat. Bread (wheat free!) should only be eaten when toasted, as the dry heat stops further fermentation. Flours from grains, potatoes, and buckwheat are excellent substitutes for 'normal' flour. Porridge made without milk but with cinnamon and cardamom, coconut flakes, soaked raisins, or stewed fruit is an ideal breakfast. It's easy to digest, highly nutritious, warming, and energising.
- All sweet fruits such as apples, pears, apricots, grapes, cherries, plums, sweet berries, fresh figs and dates, mangos, papayas, and also pomegranates are good.
- Of all dairy products, ghee is the best. It is like a medicine; highly Pitta-reducing and can be cooked with and added to practically everything. Regular butter is also better than margarine and other processed spreads. Milk should only be taken warm and preferably spiced with ginger, cardamom, cinnamon, or turmeric.

- Drinks: black tea and coffee can be drunk, but herbal and decaffeinated coffee is better. Good alternatives to regular coffee are Caro or Barley Cup. Ginger tea made from fresh roots is warming, Agni increasing, removes mucus and toxins, and is the number one remedy for coughs and colds. However, if drunk regularly, it would be too Pitta increasing.
- The most essential is the use of spices. Cumin, coriander, fennel, and saffron are the best for balancing all doshas and increasing Agni and should be used liberally. Black pepper, turmeric, cinnamon, cardamom, cloves, mustard seeds, nutmeg, and all fresh herbs should also be used, particularly fresh coriander, onions, garlic, and ginger. Asafoetida reduces Vata and should be added when cooking pulses and beans to reduce their gas-producing properties.

VATA-PITTA FOODS TO AVOID

- Bananas are cold in energy and, therefore, best eaten when cooked. They should be avoided while having a cough, cold, flu, or mucus.
- Seeds and nuts are heavy to digest, and Vata is increasing. If taken at all, they should be soaked overnight and made into a paste or milk. The flesh, milk, cream, and coconut flakes can be used liberally.
- Viable alternatives to cow's milk are soy and rice milk. Fresh cheeses such as quark, mozzarella, feta, and ricotta are easier to digest than hard, old ones and are as well less mucus-producing. They are best enjoyed with some black pepper to stimulate Agni.
- Sweeteners: refined sugar should replace jaggery, raw cane sugar, date sugar, molasses, rice syrup, or honey. Honey is not heat stable and becomes poisonous for the body when heated, cooked, or baked.

KAPHA FOODS



- Cooked vegetables such as butternut squash, marrow, zucchini, spinach, asparagus, fennel, sweet corn, onions, carrots, parsnips, beetroot, celery, sweet potatoes, French beans, mangetout, chicory, kale, chard, rocket, alfalfa, chestnuts, artichokes, leeks, and seaweed. However, potatoes, peppers, aubergine, cauliflower, broccoli, and peas should only be taken occasionally. Lettuce and salads made with leaves only (esp. bitter ones like a rocket, radish, sorrel, etc.) can be taken at lunchtime, preceding the meal, and served with oil. Avocados are also good. Pulses like green and split mung, Tur Dahl, and red lentils are easy to digest, balancing and nourishing to the body. Sprouted mung can also be used, but need to be cooked. To get the total value from pulses, they should be eaten with grains (esp. rice).
- Cereals, including rice (red, brown, or white), oats, rye, corn, millet, amaranth, quinoa, and buckwheat; basically, everything except wheat. But kamut and spelt are tolerated. Flours made from the grains mentioned above are excellent substitutes for standard flour. Bread, wheat free! It should only be eaten when toasted, as the dry heat stops further fermentation.
- Porridge made without milk but with cinnamon and cardamom, coconut flakes, soaked raisins, or stewed fruit is an ideal breakfast: easy to digest, highly nutritious, warming, and energising.
- All sweet fruits such as apples, fresh figs, dates, and pomegranates are good. Papaya in moderation. Unsulphured dried fruits are okay but should be soaked or made into a stew.
- Drinks: Tea and coffee can be drunk, but herbal or green tea and decaffeinated coffee are better. Caro, Barley Cup, or dandelion coffee are viable alternatives to natural coffee.

- Spices are essential! Cumin, coriander, fennel, and saffron are the best for balancing all doshas and increasing Agni and should be used generously. Black pepper, turmeric, curry powder, cinnamon, cardamom, cloves, mustard seeds, nutmeg, ajwain, onion and fenugreek seeds, garlic, and ginger can also be used.
- Ginger tea made from fresh roots is warming, Agni increasing, removes mucus and toxins, and is the best remedy for coughs and colds.
- Plain hot water is also suitable for clearing the digestive tract.

KAPHA FOODS TO AVOID

- Bananas should be avoided while coughing, cold, flu, or mucus accumulating in the respiratory tract.
- Fresh vegetable and fruit juices are nourishing but should be avoided in cold weather or while suffering from cold.
- Seeds and nuts are heavy to digest and can increase Kapha and Vata.
- Avoid all dairy products. Cow's ghee may be taken occasionally.
- Milk may be taken warm with ginger and preferably spiced with cardamom, cinnamon, or turmeric, suitable for reducing Kapha. Viable alternatives to cow's milk are soya, almond, and rice milk.
- Sweeteners: refined sugar should be replaced by jaggery, rice syrup, or honey. Honey should not be used hot, as it is not heat stable: when heated over 40°C, it becomes denatured, causing obstructions in subtle channels.