

Snack: Moong Sprout Bhel with sweet potato

(Recipe by Anju Kapadia)

(Note: **sweet** potato has a lower glycemic index than the potato)

Ingredients: serves 4-6

- Two cups steamed sprouted Moong.
- Two cups of rice kurmura toasted well in a dry skillet to a crunchy texture.
- One to two medium, tomato seeds removed finely chopped
- One Medium sweet potato boiled firm, and then cut into one-inch pieces One cup).
- One small onion finely chopped (optional)
- One fistful of roasted peanut halves
- One medium carrot grated (half cup).
- Diced green chilies to taste
- Half cup fresh coriander and mint leaves chopped
- Two tablespoons of tamarind date chutney (see the recipe)
- Two tablespoons coriander mint chutney made the traditional way with lemon juice.
- Kala namak to taste.
- Lemon juice to taste.

Preparation

Mix all the ingredients except for coriander/ mint mixture, shredded carrots crunchy rice kumura, kala namak, tamarind- date chutney green chutney. Just before serving to guests or family add these ingredients. It is an essential step to keep the kurmura, tomatoes, and carrots crunchy.

All the items except Kurmura can be prepared and stored in the refrigerator until ready to serve.