

Sprouted Mung Beans with Dates, Tomato, Pomegranate and Peanuts

Arogya Bhel



- 1 cup sprouted mung beans or any other sprouted beans.
 - 8 pieces dates - soaked for one hour
 - ½ cup pomegranate pieces
 - 1 -2 tomato – chopped
 - 1 Tbsp peanuts - soaked overnight.
 - ½ tsp cumin powder or chat masala - optional
 - Salt and sugar to taste
 - Chopped fresh coriander leaves
 - Grated fresh coconut.
1. Combine the sprouts, dates, pomegranate, tomato, peanuts and a little salt to taste.
 2. Garnish with coriander leaves and coconut. Sprinkle cumin powder or chat masala if desired.