

Whole Mung Soup

Mung Saar

- ½ cup mung beans, whole
 - 1 cup water
 - ¼ tsp cumin powder
 - 4-6 drops of lemon
 - ½ tsp butter/ghee - optional
 - Salt to taste
1. Soak the mung beans overnight or for 10 hours.
 2. Boil the mung beans in the water or in a pressure cooker (2 whistles) till soft.
 3. Blend mung beans and water together until smooth. Bring to the boil.
 4. Add lemon, cumin powder, butter/ghee and salt.

