

## MUNG BEAN PANCAKES

A delicious gluten-free, vegan and protein and nutrient rich breakfast/lunch suggestion. No wheat, eggs, soy, sugar or dairy.



Ingredients:

Serves 2-3 people

200g mung bean soaked overnight or for min 8hrs

2-3 cloves of garlic

1 tsp of finely chopped fresh ginger or 1\2 tsp of powdered ginger

Salt

Dill or chives to sprinkle

Coconut butter, cold pressed rapeseed oil or rice bran oil

Mix all the ingredients, apart from dill, in a food processor adding a bit of water in order to form a thick batter. With a table spoon spread the paste onto heated pan with oil and form round little cakes. Fry on both sides for few minutes until golden brown. Once cakes are done sprinkle them with dill or chives and serve with natural yoghurt or any dip of your choice.

Tip.

You can spice the batter according to your preference; black pepper, chili, turmeric etc.