



## MOONG DAL DOSA | HEALTHY INDIAN BREAKFAST

By Aromacookbook

🕒 PREP TIME	👨‍🍳 COOKING TIME	COOKING STEPS
1 hr 10mins	15 mins	1. Firstly, rinse 1 cup of whole moong beans 2-3 times in water.
🥗 DIET	🍴 SERVINGS	2. Then soak the moong beans for 1/2 to 1 hour in a bowl with enough water to cover. Do not soak more than 1 hour.
Vegetarian	10 dosas	3. Drain all the water.
INGREDIENTS		4. Add the Garlic, and Cumin. You can add Ginger also.
<ul style="list-style-type: none"> <li>Moong Dal- 1 cup</li> <li>Garlic- 1 -2 cloves</li> <li>Cumin- 1/2 teaspoon</li> <li>Ginger- small piece (peeled and chopped- optional)</li> <li>Salt- as req</li> <li>Water- 1/2 to 3/4 cup</li> </ul>		5. Now grind or blend to a smooth and fine batter. The batter consistency should be similar to a regular Dosa Batter. ( Don't need to ferment )
		6. Heat the dosa pan, Ladle some batter into the pan in the middle. Use your ladle to rotate in a circular motion of the batter adhere to all over the sides of the pan.
		7. Cook well 2-3 minutes for both sides. Repeat the steps with the remaining batter to make moong dal dosas. Serve with Chutney.
		<b>Veg side dishes:</b> coconut chutney, Peanut Chutney and tiffin sambar