

Moong Beans Sprouts Dosa

Makes- 6

Ingredients

- 1 cup sprouted moong
- 1 piece ginger
- 2 green chilli
- 1 tsp Black pepper corns
- 1 tablespoon refined oil
- 2 clove garlic
- 1/4 cup gram flour (besan)
- 1 tablespoon oats/rice flour
- salt as required
- 2 tablespoon water

Method

- In a mixer, grind together moong (soaked and sprouted), ginger, garlic and green chillies, black pepper to a fine paste. Add one cup water for smooth grinding.
- Add salt, oats and gram flour to this batter and whisk well so that no lumps remain. Allow it to rest for two hours.
- Heat a non-stick tawa on medium flame. Brush it with a little oil. Add ladleful of batter and spread it from centre to outside.
- Drizzle some oil on the tawa and cook the dosa on one side. Flip over the other side and cook.
- When the dosa is cooked from both sides, remove from pan and garnish as you like. Serve with green chutney, sambhar or raita.