

Sprouted Vegan Green Eggs

Ingredients

1 cup sprouted mung beans
2 tbsp soy milk (you may need more but try to use as little as you can get away with)
½ to ¾ tsp black salt
2 tbsp brown rice flour
2 spring onions chopped finely
½ tsp turmeric
½ tsp ground pepper
1 fresh chilli chopped (optional)
2 splashes of oil to fry in
Pinch of salt

Method

1. Place the sprouted mung beans with the soy milk in a blender or food processor and blend until nice and smooth.
2. Transfer the mixture into a bowl and mix in all of the ingredients except the spring onions.
3. In a frying pan add a splash of oil and fry the spring onions with a pinch of regular salt. Remove the onions from the pan and add to the mung bean mixture.
4. Add the last splash of oil to the frying pan and heat up for 20 seconds, pour in the mung bean mixture and fry for a minute then scrunch up the mixture with a frying pan spatula to make it look similar to a scrunched up omelette. Turn it over and let it brown a little.



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