

MUNG BEAN PORRIDGE

Gluten Free, Dairy Free, Low Chemical

Makes 3 ½ cups

Ingredients:

- 1 cup green mung beans
- 4 ½ cups water
- ½ cup brown sugar
- ¼ tsp salt
- 1 tsp vanilla essence



Method:

- Rinse the mung beans a few times in cold water and remove any impurities or grit that may be in them
- Once clean put them in a saucepan with the water
- Bring to the boil, cover with a lid and then reduce heat and simmer them for 40 minutes (the beans will expand and crack open and little, but should not be mushy)
- Mix through the sugar, vanilla and salt and simmer for about 2 minutes or until the sugar has dissolved
- Place a portion in a bowl and add a small amount of desired milk, soy milk or rice milk, gently mix it through before eating

Store left overs in the fridge

Reheat a portion each time you wish to eat it