

PROTEIN RICH MOONG-DAL CHILLA

In an effort to eat healthy many times we or someone we may know resort to intake of supplements such as multivitamins, protein powder etc. But its long term effect on the body is still debatable. Naturally grown food is still our only reliable source of energy and nourishment. Soaked Green gram are rich in proteins & amino acids so they can be a worthwhile protein snack to accompany any workout plan.

What you will need:

Soaked Green gram- 1 bowl	Turmeric powder- 1/4 tsp
Ginger- 1/2 inch	Asafoetida (hing)- 1-2 pinch
Green chili- 1	Salt- As per taste
Clarified butter (ghee)- for roasting the chilla	

Preparation Process :

1. First let a bowl of moong dal soak in water for at least 2-3 hours.
2. Grind the soaked moong dal along with chili, ginger, salt, turmeric powder and a little water.
3. Pour the paste into a bowl when done and adjust the consistency if required with water.
4. Now, heat up a pan and sprinkle a little water. Once the water evaporates, wipe the pan with a cloth. (for a nonstick iron pan)
5. If you don't have an iron pan add a little ghee before pouring the chilla batter and spread it wide over the pan.
6. Cook it for 1 minute on medium flame, add ghee on the chilla & flip it to cook the other side.

Benefits:

- Green gram gives a sense of satiety, improves the metabolism and prevents us from overeating.
- It is rich in dietary fiber, helps maintain the Gut health and prevent bloating.
- Moong dal is light, easy to digest & helps prevent muscle cramping.
- It is rich in iron and protein so it helps to maintain the circulatory system
- It helps protect the liver, reduce protein breakdown and thereby protect the kidneys.

#Sayyestoayurveda #Sandupharma #Ayurveda #protein #exercise #sanduarogyadarshika #diy

WATCH THE VIDEO HERE: <https://youtu.be/T0QTm2KgN3M?>

Reference:

<https://www.fitternity.com/article/top-3-high-protein-indian-meals-to-make>

https://www.researchgate.net/publication/338233304_A_short_review_of_health_benefits_and_nutritional_values_of_mung_bean_in_sustainable_agriculture