



## Yogic Diet

### Green diet

#### **Green Stew**

- 2 double handfuls mung beans
- 1 large green pepper
- 2 courgettes
- 2 celery sticks
- 2 small bunches spring onions
- Avocado
- Lime juice
- Dried bay leaves
- Dried basil
- Cardamom pods
- Cumin seeds
- Healing water
- Green Olive oil
- Seaweed flakes

Place mung beans in a bowl and soak overnight.

Drain the beans, add more water and cook until softened.

Fry pepper, courgette and celery and half the chopped spring onions.

Add the spices to taste, about 1 mudra pinch cumin seeds, 5 pinches of basil, 5 cardamom pods, 2 bay leaves and water to stir in, to form a soupy base.

Add cooked mung beans plus additional water as required.

Cook for about half an hour.

To serve pour on some olive oil, some lime juice, chopped spring onions and avocado.

[www.sushmunayoga.co.uk/sushmuna/diets.htm](http://www.sushmunayoga.co.uk/sushmuna/diets.htm)

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