

Fluffy Vegan Scrambled Eggs

Yield: 6 min

Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/black-salt-recipe-indian>

Ingredients:

- 3/4 cup mung beans split, rinsed, a.k.a. moong dal, NOT whole mung beans*
- 1 1/4 teaspoons black salt
- kala namak
- 1/2 teaspoon onion powder
- 3/4 teaspoon ground turmeric
- 2 teaspoons nutritional yeast
- 1 1/3 cups light coconut milk canned
- 2 tablespoons olive oil plus more for cooking, if avoiding oil, omit and use a non-stick pan
- 1/4 cup white rice flour or brown rice flour
- 1 1/4 teaspoons baking powder

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 10 grams
3. Fat: 18 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 12 grams
7. Sodium: 780 milligrams
8. Sugar: 2 grams

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