

Mung Bean and Mixed Rice Sweet Congee

Yield: 10 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mung-beans-chinese-recipe>

Ingredients:

- 1/2 cup mung beans they are small and green. Small azuki beans would work too.
- 1/4 cup black rice forbidden rice
- 1/4 cup rice purple thai, any jasmine or basmati rice would be a good substitute
- 1/2 cup shredded coconut unsweetened
- 2 slices fresh ginger
- 1 tablespoon molasses
- 1/2 cup brown sugar
- coconut milk optional

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 16 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 30 milligrams
8. Sugar: 10 grams

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