

One Bowl Mung Bean Meal

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/one-bowl-russian-apple-cake-recipe>

Ingredients:

- 1 cup mung beans sprouted
- 3 cups water or broth
- 4 green onions chopped, white and pale green parts only
- 2 celery ribs, trimmed and sliced cross-wise into c-shapes
- 1 apple diced
- 1 avocado ripe, sliced
- 1/3 cup chopped almonds
- 1/4 cup olive oil
- 3 tablespoons Italian parsley loosely packed chopped
- 2 tablespoons lemon juice
- sea salt
- ground black pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 17 grams
3. Fat: 27 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 310 milligrams
8. Sugar: 7 grams

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