

Masala Moong Dal Veggie Pancakes

Servings: 2–3

Prep time: 10 minutes

Cook time: 12 minutes

Total time: 22 minutes

Ingredients

1 cup soaked yellow lentils (or canned rinsed)

½ cup water

¼ cup grated carrot

¼ cup chopped spinach

½ tsp turmeric

½ tsp cumin

½ tsp salt

Oil for frying

Instructions

1. Blend batter

Blend soaked lentils + water into a smooth batter.

2. Add veggies + spices

Stir in carrot, spinach, turmeric, cumin, and salt.

3. Cook pancakes

Heat a lightly oiled pan.

Pour ¼ cup batter → spread gently → cook 2–3 minutes until golden.

Flip and cook for 1–2 minutes.

4. Repeat

Continue until batter is used.

Notes / Tips

Best dip: mint yogurt or sweet chili sauce

Add onions, peas, or cilantro

Makes great meal-prep breakfast