

Corn Toast with Moong Sprouts & Vegetables

Recipe Makes: 2 Servings

Nutritional Value (per serving)

Calories: 167 kcal **Protein:** 5.8 g **Carbohydrate:** 25.9 g **Fat:** 4.4 g

Ingredients

- 2 Whole Wheat Brown Bread
- 1/2 tablespoon Butter (Salted), softened, for toasting
- 1/4 cup Sweet Corn, steamed
- 1/4 cup Green Moong Sprouts
- 1/8 cup Carrots (Gajjar) , grated
- 1 Tomato, small sized, finely chopped
- Salt and Pepper, to taste
- Red Chilli flakes, for garnish
- 1/4 cup Milk
- 1/2 teaspoon Corn flour



Instructions

1. To begin making the recipe, mix the milk and flour together in a small mixing bowl.
2. Prepare all the remaining ingredients and keep them handy. In a small pan, add the butter, corn, carrots, tomatoes, sprouts and the corn flour milk mixture. Add the salt and pepper to taste as well.
3. Keep stirring the mixture until it is thickened and the corn flour is cooked through.
4. In the meanwhile, toast the bread slices in the bread toaster or in the oven. Apply some butter over it and cut into triangles.
5. Spoon the Corn and Moong Sprouts & Vegetables topping mixture over the bread slices and serve immediately.