Mung beans are also called *Chinese bean sprouts*.

Mung bean sprouts are the *most widely consumed* sprout in the world.

Native to *India*, they later spread to China and Southeast Asia. They were domesticated in *Mongolia*.

Early finds of mung beans indicate that they date back about *4500 years*.

In the U.S., most mung beans are grown in *Oklahoma*.
The mung bean (legume) comes in many forms: whole, split with skins on, split and hulled, flour, and sprouted.

Whole mung beans are small round beans closely related to the field pea. Their outside skin is bright green with a yellowish color on the inside.

They have a crisp, tender texture and slightly sweet, nutty flavor.

They are ideal for stir fry and are also commonly eaten raw in salads.
Mung beans are a **GREAT** source of protein; the mung bean sprouts are an **EXCELLENT** source of soluble dietary fibers.

They are the **easiest bean to digest**.

**Nutrients** found in mung beans help:

★ aid in the prevention of *breast cancer*, and premature *balding and greying*, and

★ stimulate *bone formation*—a benefit to those with osteoporosis.

Mung beans are **diabetic-friendly**.
In the United States, mung beans are chiefly sprouted and are the main sprout here in grocery stores.

Try making your own mung bean sprouts, and enjoy fresh, nutritious bean sprouts in just a few days. Check out You Tube for easy instructions.

One pound of seeds produces about six pounds of mung bean sprouts.