

Step by Step Bean & Seed Sprouting Instructions

Growing fresh, organic superfoods in your kitchen is easy and inexpensive, no dirt required!

Why sprout? Sprouts are just your everyday seeds, beans or grains taken to the next level in terms of nutrition and deliciousness just by soaking, rinsing and allowing a few days to germinate (sprout) before eating. While you can find many sprout varieties at most health food stores, growing them yourself is fun, easy and much less expensive.

Sprouts abound with antioxidants; they're full of protein, chlorophyll, vitamins, minerals and amino acids. And talk about good for you!. During the sprouting process the vitamin content of the seed increased dramatically so ounce for ounce sprouts contain more nutrients than most whole foods, and the process neutralizes natural phytic acids to enable your body to adsorb the enzymes. Sprouts also requiring less digestive energy so they actually invigorate you while your body processes them.

1. Measure out your seeds or beans according to the instructions on the package or in your Sprout Kit, rinse thoroughly in water, then soak overnight.
2. After soaking, drain the water and rinse the seeds thoroughly., then cover your jar with your sprouting bag to keep the light out. Place the covered jar upside down and tilted at a 45° angle against the wall or using a dish rack with a shallow plate to catch excess rinse water. The goal is to keep seeds damp but not soaking in water until they sprout. The warmer and darker the location, the faster they'll sprout.
3. Let the sprouts germinate for the suggested number of days indicated on your seed packet or Sprout Kit instruction chart. Sprout most seeds ½ -2" and beans ¼ - 1". You may want to vary growth time depending on plans for use. Shorter sprouts are great for eating whole, you'll want then longer if you plan to juice.
4. When the jar is full and the sprouts or legumes are ready to use, you can replace the sprouting screen with the solid lid and store in the refrigerator for use.

For recipes and more information, visit www.ElizabethBorelli.com. Join our mailing list to get new recipes, tips and information delivered right to your inbox. And don't worry, your information is never shared.