

How to Sprout:

1

Big Glass Jar



Muslin cloth or nylon mesh

water

seeds

Put seeds in jar and soak

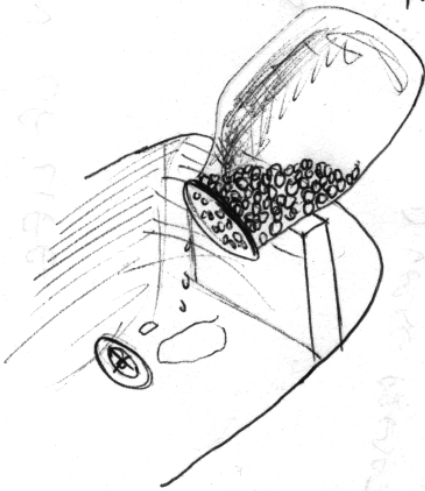
2

drain the old water then wash so seeds are all moved around by water



Prop at 45° angle for 2 minutes while it drains

3



4



Leave jar somewhere mild - not too hot or cold



5

Rinse + drain 1 once a day, for between 2-5 days or until ready to eat.

Sprouting Grains List

Variety	No of days	Amount of seeds	Serving suggestions	Health benefits
Alfalfa	3-4	1-1/2 Tablespoon	Raw in salads, sandwiches, or chopped in Baked goods	Vitamin C, carotene, chlorophyll, vitamin.K and many other nutrients
Almonds	1	1 cup	Raw or roasted snacks, salads, hors d'oeuvres	Lower blood cholesterol level, reduce heart disease, rich in vitamin E and useful source of calcium
Adzuki beans (or azuki beans)	2-3	1 cup	Cook until tender and use in ban salad or chili	favourable calcium to phosphorous ratio (4:1) for helping preventing osteoporosis
Black beans (Black turtle bean)	1-3	1 cup	Cook and serve on tortillas or other flat breads. Use in bean soup.	Beneficial to kidneys and reproductive function and diuretic effect. Black bean juice is effective for hoarseness, laryngitis, kidney stones, bed wetting, urinary difficulty, and hot flashes of menopause. * see preparation and dosage
Garbanzo beans (chick pea)	1-2	1 cup	Cook until tender and use to make hummus or toss in salad or soup.	Beneficial to pancreas, stomach, and heart. Contains more iron than other legumes and is also a good source of unsaturated fats.
Lentils	1-3	1 cup	For lentil soup and cooked for lentil salad	Diuretic effect, beneficial to the heart and circulation, stimulates the adrenal system, and increases vitality of the kidney.
Mung beans (The common Chinese sprouts)	2-3	1 cup	In Chinese recipes, salads, in a miso soup and as stir-fried vegetables.	Detoxifies the body, beneficial to the liver and gall bladder and diuretic effect.
Soybeans	2-4	1 cup	Cook until tender, add to salads, mash for Sandwich spread	Helps lower risk of heart disease, eases constipation and improves intestinal health, Steadies blood sugar level, rich in iron, Calcium and potassium, ease menopausal Symptoms, and may reduce the risk of breast Cancer breast Cancer
Sunflower seed	1-2	1 cup	toasted or raw for snacks, tabbouleh fruit salads	Provides good levels vitamin E and B-vitamin and Iron. Contains linoleic acid that lower blood Cholesterol levels and prevention of heart Diseases