



## SPROUTING PROCESS AND TIPS

### STEPS HOW TO SPROUT LARGE LEGUMES (white, pinto, black bean, etc.)

1. Soak 1-3 C of legumes for 12 hours
2. Rinse and drain well using a colander
3. Place the colander in a bowl
4. Cover with a kitchen towel
5. Rinse twice a day for 1-2 days

### STEPS HOW TO SPROUT SMALL LEGUMES (lentils, mung beans)

1. Soak 3 C of legumes for 12 hours in a 64 oz mason jar
2. Rinse and drain well
3. Cover with the sprouting lid
4. Invert the jar
5. Rinse twice a day for 1-2 days

### STEPS HOW TO SPROUT SMALL SEEDS FOR SALADS (Red Clover, Broccoli, Radish)

1. Soak 1 Tbsp of seeds for 12 hours in a 32 oz mason jar
2. Rinse and drain well
3. Cover with the sprouting lid
4. Invert the jar
5. Rinse twice a day for 5-7 days

### STEPS HOW TO SPROUT PSEUDOGRAINS (Quinoa, Buckwheat, amaranth, kaniwa)

1. Soak 3 C of pseudograins for 12 hours using 64 oz mason jar
2. Drain and rinse well
3. Cover with the sprouting lid
4. Invert the jar
5. Rinse twice a day for 1-2 days

Note: Buckwheat needs to be rinsed longer due to its viscosity. If not rinse well, it won't sprout.

### SPROUTING TIPS

1. In hot climate sprout for 12 hours and in cold climates sprout for 24 hours. This is for legumes and pseudograins
2. Refrigerate for up to 5 days or freeze sprouts (legumes and pseudograins) if you are not ready to cook them right away
3. If sprouts have a foul smell, discard and try again
4. Be sure the seeds are well rinsed especially quinoa, otherwise it will spoil
5. Sprout, cook, and freeze in bulk to always have some on hand