

Grow Your Own Sprouts!

Want to have some fresh, tasty vitamin bombs handy? Grow your own Sprouts!

They are easy to take care of and soooo worth it! Get started today, all you need is a jar, seeds, water, and time.

You can do this, no green thumb needed!

WHAT YOU'LL NEED

A sprouting jar, or just a jar with a very thin netting fabric

Seeds (lentil, sunflower, buckwheat, quinoa, leek, chickpeas, alfalfa, and so on!)

Water

Time



STEP 1 - Soak

First, you have to soak your seeds, best over night, chickpeas maybe even a little longer.

This process brings them back to life.

Then drain the water and rinse them until the water is clear.

STEP 2 - Rinse

Rinse your sprouts twice a day, every morning and evening.

If you feel like they are a little stinky (tends to happen with sunflower seeds a lot), just rinse them multiple times.



STEP 3 - Keep rinsing

Lentils and sunflower seeds I start to eat after about 3 days, others take a little longer to grow.

Just trust your gut and try them once in a while.

!Careful!: beans, which are poisonous raw, you should either cook the sprouts, or wait until the 5th day of sprouting until you eat them !





STEP 4 – Pro tips

Save your rinsing water and use it for watering your plants! No need to waste this precious liquid...

When I grow lentil sprouts, I start with quite a lot of lentils, because I love them so much.

With all other seeds, don't use too many! They grow quite a bit and after 10 days, they are not so good anymore. Try to finish them before. (Should not be a problem, since they are so yummy.)

STEP 5 – Pimp your salad

You can use your sprouts in any meal!

If you had enough of boring salads, put sprouts in! They make it more interesting, and healthy!



STEP 6 – A little freshness with dinner

Sprouts really go with any kind of dish!

Use your imagination and try different sprouts with different meals.

I promise, it will never get boring!

STEP 7 – The ultimate sandwich

Want to bring your sandwiches to the next level?

Use sprouts! You will never want a sandwich without them ever again!

