

### How To Sprout

- ◆ Place 2 or 3 Tbsp. your choice of seed into a glass quart jar.
- ◆ Fill jar half-full of water.
- ◆ Cover with a piece of cheesecloth and secure with a rubber-band; let soak overnight.
- ◆ Next morning, drain the soak water off the seeds.
- ◆ Rinse, drain well, and place jar on its side on the counter.
- ◆ Twice during the day, rinse the seeds again; make sure to drain well after rinsing. During hot weather you may need to rinse a third time.
- ◆ As seeds begin to sprout, be gentle with rinsing so as not to break off the sprout tails.
- ◆ Sprouts should be ready to eat within 3 to 5 days.
- ◆ To green sprouts up, place in a sunny window or other bright light for several hours before eating.
- ◆ Enjoy!

Sprouts are one of the highest food sources of fiber, have an excellent array of minerals, a good supply of vitamins, a powerful source of antioxidants, and provide the best nutritional value for your money! Enjoy sprouts in sandwiches, on salads, in soups, cookies and smoothies. Eat sprouts every day and enjoy better health!