



SPROUTING BASICS



SOAKING

Soaking raw nuts and seeds makes them more easily digestible and much easier to process in your food processor or blender. Some recipes require a dry nut or seed, so soaking is not necessary. Soaking dried fruit plumps them up and creates the necessary consistency for certain recipes. In general, soak in twice the amount of water to fruit and let sit for 15-30 minutes. Drain and use right away. Make sure to read your recipe carefully to see what is needed.

SPROUTING

Sprouts are an important part of a healthy diet. They are high in nutrients and very easy and inexpensive to grow at home. Sprouts are also beneficial in providing enzymes to your body. Soaking and sprouting your seeds is essential to release their nutrients and make them more available for absorption. In their natural state, seeds, grains and beans contain some enzyme inhibitors. Germination releases these inhibitors and makes them a true life force for the body. Sprouts can easily be incorporated into a daily diet by adding them to salads or by making easy sprouted recipes.

There are several ways to sprout. The **Jar**, **Soil** and **Plate Methods** are the most popular. It is always best to use organic seeds because they have not been treated with chemicals or fertilizers.

For **jar sprouting**, small seeds work great like alfalfa, clover broccoli, onion and fenugreek. A glass jar with a wide mouth is the best choice. Place approximately 2 tablespoons of seeds into the jar and cover the mouth with cheesecloth, a plastic mesh or sprouting lid. If using a cheese cloth, secure it with a rubber band. Fill the jar with room temperature or cold water and allow to soak for 6-8 hours. Drain off the water and rinse the seeds. Then place the jar at an angle so that the excess water drains out. Keep in a dark or moderately lit place for a few days. Continue to rinse and drain 2-3 times daily. Place the jar in light so they will begin to turn green. The sprouts are ready to harvest when the "tail" is one and a half times the size of the original seed. Put them in a bowl of water, which will cause the hulls to float to the top. Discard the hulls and rinse and drain the sprouts well. They will keep in the refrigerator for about a week.

The **soil method** is best used for wheatgrass, sunflower greens, barley grass, kamut, rye, buckwheat and lettuce. Soak about 1 ½ cups of seeds in water for 8-12 hours. Rinse the seeds. Prepare a tray with ½ inch of organic potting soil and spread the seeds evenly over the soil. Sprinkle gently with water until the soil is nice and moist. Place another tray upside down on top of the tray creating a dark environment. When the sprouts are about 2 inches high, remove the top tray, place in a lit area and water the sprouts daily. Allow the sprouts to reach approximately 7-8 inches high which can take from 7-12 days. To harvest, cut the sprouts as close to the soil as possible.

The **plate method** is a quick grow method and is best used for sunflower seeds, mung and garbanzo beans. Soak about 1 cup of beans or seeds in water for 8-12 hours. Rinse and drain the seeds. Place 3 paper towels on a plate, spread the seeds evenly on the paper towels and cover with 3 more paper towels. Cover the top layer of the towels with another plate (same size as bottom plate). Rinse the seeds 1-2 x daily and restructure the seeds as above. Sprouts will be ready in 2-3 days

SPROUTING CHART

Seed / Bean	Soak	Days	Size
Alfalfa	6 – 8 hrs	4 - 6	1 1/2" - 2"
Aduki	6 – 8 hrs	2 - 4	1/4" - 1/2"
Almonds/Other Nuts	8 – 12 hrs	1 - 2	0 - 1/8"
Buckwheat	6 – 8 hrs	2 - 3	0 - 1/8"
Garbanzo Bean (Chickpea)	8 – 12 hrs	2 - 4	1/4 - 1/2"
Mung, Lentil, Pea	6 – 12 hrs	2 - 4	1/4" - 1/2"
Sesame, Sunflower, Quinoa	2 – 4 hrs	4 - 6	0 - 1/8"

IMPORTANT SPROUTING TIPS & REMINDERS

- Rinse 2-3 x per day
- Seeds need room to sprout – don't over seed your jar
- Seeds need enough air to sprout
- Sprouts last up to 5 days in the fridge

SPROUTING RECIPES

Sprouted Mung Bean Salad Recipe

1 cup dry mung beans
1 tsp olive oil
1 medium onion, thinly sliced
1 tomato, finely diced
2 green chopped green chilies
2 cloves of garlic, minced
2 tsp coriander powder
1 tsp cumin powder
1/4 tsp turmeric powder
2 tsp garam masala
Juice of 1/2 lemon
1 tbsp honey or maple syrup
1 tbsp chopped cilantro
Salt to taste

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SPROUTING RECIPES



Raw Sprouted Hummus

Ingredients

1 cup dried garbanzo beans or 2 cups sprouted chickpeas
2 heaping tablespoons tahini
2 tablespoons extra virgin olive oil
2 large garlic cloves
juice of 2 medium lemons
1/4 cup purified water, + more as needed to thin
1 tablespoon cumin
2 teaspoons coriander
dash or two cayenne pepper, optional
sea salt to taste

If starting with dried beans, place your beans in a large bowl and fill with purified water. The beans will double in size so be sure to cover and leave plenty of extra water for them to soak up, about 2 to 3 times as much water. Soak for 8 -12 hours. Rinse and drain thoroughly. Leave your beans anywhere at room temp and rinse and drain once every 8 - 12 hours for two – four days.

Place all your ingredients into your food processor or blender and blend until creamy. Taste for flavor and add anything extra you like. If adding more water, add 1 tablespoon at a time until desired consistency.

Pinto Bean/Sunflower Seed Spread (gluten free and vegan)

1 15 oz can pinto beans, drained and rinsed
1/2 cup sprouted sunflower seeds
1 celery stalk, chopped
1/4 chopped onion
1/2 chopped jalapeno (optional)
3 tbsp. sweet pickle relish, plus 2 tbsp. pickle juice
2 - 3 tbsp. Vegannaise (vegan mayonnaise)

Pulse beans and sprouted sunflower seeds in food processor leaving small chunks. Add remaining ingredients to processor and pulse to mix together. Serve on the homemade crackers, on whole grain bread, or raw vegetables.