

EASY SPROUTING

A few months ago after browsing in the health food store, I bought a sprouting jar and some sprouting seeds and followed the directions on the package. Unfortunately, all I got after a few days was a jar of bad smelling seeds and no sprouts. I thought to myself: great, this is yet another "plant" that has died at my hands (I am convinced plants hate me; my husband says they just don't feel the love. Not 100% sure he is actually talking about the plants :-S) Anyhow, I put the jar away, thinking sprouting was just not my "thing."

A few weeks ago I was cleaning out my kitchen cupboard and saw the jar again. Just sitting there, challenging me (hey, at least it wasn't talking to me...yet) and I decided this is silly, I am a Nutritionist for G-d's sakes. I can't be afraid of sprouts! I know all the health benefits, I tell clients how great they are and besides, I hate spending \$6 on a tiny box of ready-made sprouts. So I decided to try again, using a different brand of seeds. I'm so glad I did, because I have been making awesome sprouts since then and my family loves it.... in salad, sandwiches or even on it's own.

So what are the health benefits of sprouting?

1. Sprouts, like most fruits and vegetables, are alkaline to the body, and a healthy body is alkaline as opposed to acidic. Unfortunately, most of us consume way too much acid-forming foods on a daily basis in the form of eggs, meat, coffee, soft drinks, etc.
2. Sprouting makes the high nutrient content of the seeds more readily available.
3. Sprouts like alfalfa, radish, broccoli and clover contain concentrated amounts of phytochemicals (plant compounds) that protect us against disease.
4. Sprouts contain an abundance of highly active antioxidants that prevent DNA destruction and protect us from the ongoing effects of aging.
5. Aside from the nutrients, sprouts are also abundant in enzymes, which can keep our bodies healthy and fit. (Cooking food under fire results in the loss of enzymes in our food).
6. Best of all, sprouts are very easy to digest.

Here is my easy sprouting method:

I use the [BioSnacky Sprouting Jar](#) from A. Vogel, which costs about \$10 and can be found in most health food stores. The seeds I use are [Mumm's organic sprouting seeds](#) because the two types I got from A. Vogel simply did not sprout well. I'm not saying they're bad seeds, I just have a much easier time with Mumm's for some reason. Plus, for less than \$3 you get enough seeds to make approximately 10 jars of sprouts.

It's really simple: Put 2 Tablespoons of seeds in the jar and rinse well. The cap has draining holes so you don't have to twist it off or take the seeds out, just pour the water out. Then fill the jar with water and let

soak for a few hours standing upright. Rinse again and turn the jar on it's side as shown. You can use a plate or even a paper towel to place it on. Rinse and drain the seeds twice a day and turn the jar back on it's side each time. After 2 days you will see little sprouts forming, as shown below left and after 4 or 5 days* you will have a full jar of delicious sprouts ready to be eaten, as shown below right.



Alfalfa Sprouts, Day 3 and Day 5

Put sprouts in the fridge and consume within 2 or 3 days. Enjoy and comment below on your sprouting experience ☐

* Note that some beans and seeds require longer soaking and/or sprouting times. Check the individual packages for directions.
