

DIY SPROUTS AT HOME

Ingredients:

+Sprouting seeds

+Mason Jar

+Sprout Lid



Directions:

1. Start with a clean jar and place 1 table spoon of the seeds in your mason jar and rinse your seeds with the sprout lid on.
2. While keeping those seeds in the mason jar add filtered water to cover the seeds and soak overnight to start the germination process.
3. For the next several days you will then rinse the seeds out 3x a day (draining the water)
4. After approx. 3 -5 days the sprouts will be ready to use! If you do not use them all at once, store in the fridge for up to 7 days.

Note: I like to tilt the jar to help keep the seeds/sprouts from being bogged down by water even though you rinsed them. This helps keep them from getting mushy.

