

Sprouts

GROW YOUR OWN - EASY - NUTRITIOUS



GROW YOUR OWN SPROUTS

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INGREDIENTS

Mason Jar
Sprouting Lid
Sprouts

DIRECTIONS

1st day - Mix filtered water + 1 tablespoon sprout seeds until covered. Let soak 12 hours or overnight

Day 2-5 - Rinse seeds 3X a day and drain. Over the course of a few days they will grow until fully sprouted. Store in the fridge for up to 7 days.



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