

SPROUTING MUNG BEANS AND LENTILS

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Nothing is better for your body than sprouts.  This is truly live food.  It can be expensive to buy them but they are so cheap to make.  All you need are the beans, water, a sprouting jar and time.

You can make or buy a sprouting jar.  If you are making one, you need a big mason jar and some wire mesh secured to the top with a big elastic.  I found it simpler to buy mine as it has a mesh lid that’s awesome.

I started sprouting with a sprouting bag but I found it hard to rinse, it would dry out too quickly and there was a lot of wasted seeds in the process so, for me, a sprouting jar is best.

**Supplies:**
·         ½ cup mung beans, or lentils
·         Purified water
·         Sprouting jar

**Method:**

1. Add beans or lentils and about 4 cups of water to your sprouting jar.  Soak the beans/lentils for 8 hours.
2. After soaking the beans, drain the water and add more water, swirl the beans to rinse and drain well.
3. Invert the jar, and keep in a warm dark place. (You can cover with a cloth or bag) Sprouting time increases with more light and cooler conditions.  For me, I like to see the action so I leave my jars out on the kitchen counter and watch them grow.
4. RINSE THE BEANS/LENTILS TWICE DAILY. Ideally rinse in the morning and evening.
5. After 3 days keep uncovered (like on the counter) in indirect sunlight to encourage chlorophyll.  Continue rinsing twice daily until sprouts are ready.
6. The sprouts should be ready in 5 days.  Do one final rinse and drain and transfer sprouts to a glass container.  They will keep in the refrigerator for up to one week in a covered glass container.