



SPROUTS



Raw lentil sprouts are tasty, cheap and very nutritious. You can grow them in an office or on a windowsill in just a few days.

Steps...

1. You need a clean jam jar, some muslin/ piece of clean chux/some net, an elastic band and some very ordinary whole lentils (green/brown or puy are favourites)
2. Quarter fill jar with lentils and put net/ muslin over the top secured with elastic band. Cover lentils with water and leave overnight.
3. Tip out water and leave lentil jar propped so that water can drain and air can circulate for 24 hrs
4. Rinse lentils and leave propped for 24 hrs again
5. Repeat until lentils are sprouted (3-6 days)
6. Remove net. Put lid on jar and put it in the fridge to stop further sprouting. Sprouted lentils will keep for at least 3-4 days
7. Enjoy raw in salads or sandwiches or add to stirfrys etc.



Day 1



Day 2



Day 3



Day 4



You can also sprout other whole pulses eg mung beans. Generally, smaller pulses are more successful.

