



Homegrown Alfalfa Sprouts

- from Denise's Kitchen

*A "living food" that's powerfully **nutritious** and **EASY** to grow in just 6 days! If I can do it, you can do it, too!*

Ingredients:

- 2 tbsp of USDA organic alfalfa sprouting seeds
- 1 quart-sized sprouting jar with screened lid
- Purified water

Directions:

Basic instructions are included with most sprouting jars/kits that you purchase. Instructions may vary, so this is my preferred method. Start by filling your jar with the seeds & enough (purified) water to soak them overnight. Then, proceed to rinse & thoroughly drain your seeds twice a day (morning & night), keeping the screened lid in place at all times. After each rinse, prop your jar "screen-side down" & at an angle, resting it in your kitchen dish drainer. Place a small cloth over the jar to inhibit any sunlight. Within a few days, you'll see the awesome sprouting process unfold! Little white sprouts will begin to appear. Allow a total of 5 full days (mornings & nights) for your jar to fill up with sprouts. On the morning of day 6, give the jarred sprouts one final rinse/drain, then prop them **uncovered** to allow for more chlorophyll production. That afternoon, set the jar on a sunny window sill for 2-3 hours to "green them up" & dry them out. They're now ready to eat...you did it!

Enjoy your crispy sprouts on salads and sandwiches. Be sure to store your jar of sprouts in the frig & eat them up within a few days. Always give them the "smell test", making sure they haven't gone bad. As long as they smell fresh & grassy, you're good to go! For a nice variety of organic, non-GMO sprouting seeds at a good price, I highly recommend going online to Amazon.com to find the seeds & accessories that suit you best.