

Broccoli Sprouts

Materials Needed:

- 1½ tablespoons sprouting seeds
- Widemouth mason jar
- Sprouting lid
- Bowl
- Towel

Instructions:

1. Put 1 mounded tablespoon of seeds in bottom of jar.
2. Fill jar with water until seeds are covered. Let sit 8 hours to soak.
3. Place sprouting lid on the jar and drain out all the soak water.
4. Rinse and drain several times.
5. Place jar upside down in a bowl, cover with towel to keep in the dark.]
6. Repeat this Rinse and Drain process several times a day for 3 – 6 days.
7. When the sprouts are have grown to the desired length, remove towel and place in the windowsill or under a bright light for a few hours. The color of the sprout will become more green.
8. Make sure all the water is drained out and Store in the refrigerator.