

7-day Sprout Salad

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Purchase a sprout bag. A bag can be purchased in hardware store, a paint-straining bag. This works great!

Place in bag

½ cup mung beans

½ cup lentils

½ cup alfalfa

¼ quinoa

1 tsp or 2 of radish if you like spicy

1 tsp of fenugreek seeds if you like the taste

Place the bag in a bowl of water with ½ tsp of sea salt. Cover seeds very well. They will swell. Soak over night. 8 – 12 hours.

Then drain and rinse thoroughly in fresh water. Water should be very clear when finished.

Rinse in last time in a basic of fresh water ½ gallon of water with a ¼ tsp of sea salt.

Hang up to drain, not in the sun.

Twice a day, morning and evening, rinse the bag in salted water. Hang to drain afterwards.

Make sure after the rinse that the bag is shaken several times to drain it well.

In this fashion, you grow for 7 – 8 days.

The bag will fill with about 10 pounds of sprouts.

They will keep up to 2 weeks in a plastic bag or glass container in the refrigerator.