

Basic Sprouts

PREP TIME: 5 2 minutes

TOTAL TIME: 2-3 days sprouting time

Servings: 1 cup sprouts



Ingredients/Supplies

1/4 cup dried beans of choice (mung beans pictured above)

Large glass jar and bowl

Cheese cloth and rubber band

1. Start by soaking 1/4 cup mung beans with room temperature water in a glass jar with cheese cloth or a mesh topping for 10-12 hours. Keep in mind you want a jar that is large enough for your beans to expand and sprout. A good rule is that the jar should be large enough for the beans to expand 8 times their original size.
2. Following the soak, drain the soaking water and rinse the beans well then return the beans to the jar and cover with cheese cloth or mesh topping to allow air to circulate. Keep the jar tilted upside down in a bowl in a spot where there will not be large temperature fluctuations (cold drafts or hot humid breezes). Rinse and drain beans in the jar 3 times per day (add cool water, swirl, and drain) and make sure to angle the jar on its side to allow excess water to drain off while the beans are working hard to become a sprout. If excess water sits in the jar while the beans are germinating this can lead to sour, spoiled sprouts.
3. Repeat the rinsing and draining process for 2-3 days or until the beans have transformed into the sprout length of your liking. Sprouts can be eaten right away, or stored in the fridge in an air tight container for 5-7 days.

Courtesy of The Green Blossom Kitchen