



## Recipe Details

Recipe Name - Broccoli Sprouts

Recipe Steps -

### Ingredients

- Broccoli sprouts seeds
- Water
- 2 quart Mason jars
- Sprouting lids

### Instructions

Day 1 – place 2 Tbsp of sprouting seeds into each Mason jar, fill with water, place sprouting lids on top, and let sit until the next day.

Day 2 – pour water out of jars. Rinse each jar twice with clean water (never remove the sprouting lid). After the second rinse, shake the jar to ensure the seeds stick to the sides and bottom of the jar. Place jars on a sprouting stand if your sprouting lid does not have a built-in stand to vent the sprouts. Place in a large bowl or on a plate (if they drip), cover with a dark towel and let sit. Do this step once in the morning and once in the evening to ensure you rinse the seeds twice daily. Keep covered on Day 2.

Day 3 through Day 5 – Rinse each jar twice with clean water (never remove the sprouting lid). After the second rinse, shake the jar to ensure the seeds stick to the sides and bottom of the jar. Place jars on a sprouting stand if your sprouting lid does not have a built-in stand to vent the sprouts. Place in a large bowl or on a plate (in case they drip). Do not cover them with a towel; place jars on a window sill (or someplace they can get light). Do this step once in the morning and once in the evening to ensure you rinse the seeds twice daily.

Day 6 – remove sprouts from the jar, rinse well in a bowl, and skim off any seeds that did not sprout. Enjoy!

