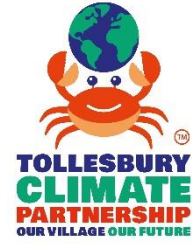


Sprouted Seeds



Sprouting raw seeds, beans, and grains is one of the quickest, easiest ways to pack nutrients into your body. Sprouted seeds are a nutritional powerhouse, providing a rich source of B Vitamins, as well as Vitamins C, E, K and A. They also contain minerals and antioxidants and are full of fibre, which help support digestion, boost metabolism, and enhance immune function.



The best way to get sprouts into your diet is to sprout them yourself; this way, they are at their absolute freshest. Good seeds to start with are cress, mustard, broccoli, red clover, alfalfa and lettuce; beans and legumes such as mung beans, chickpeas, peas; and grains such as rice or quinoa can all be successfully sprouted in your own kitchen.

How to “sprout” your seeds

"Sprouting" refers to the process of germinating seeds in order to start them growing. Soaking and rinsing the seeds will begin germination. In this process, all of the resting nutrition in the seed will begin to break down into its simplest components. Proteins break down into separate amino acids and complex starches break down into simpler carbohydrates. Meanwhile, the plant starts to multiply in its nutrient content to get ready to become a full-sized plant. This results in a fibre-rich food packed with goodness. Typically, a week after germination, the sprouts will have the highest concentration and bioavailability of nutrients.



Purpose-made seed sprouters can be bought online or in hardware stores, but it is just as easy to start them off in a jam jar or on a saucer lined with kitchen towel. Soak the seeds well for 15 minutes or so in whatever container you use, then drain. Keep them very damp (but don't drown them in water) and rinse them through a couple of times a day. Within a few days you should see the tiny roots and shoots appear, and by keeping them damp you will soon have your own sprouted seeds to eat.

How to Use Sprouts



Tossing a handful of sprouts on to your next fresh green salad is one obvious way to start incorporating sprouts into your diet, but you can also add them to a sandwich or wrap, add a handful to a cold pasta salad or bean salad, and you can even put a small handful into any homemade smoothie or just about anything else going into your blender.

Where to buy seeds for Sprouting

Some seed retailers sell packs of seeds for sprouting and a quick Google search will bring up online sources of seeds for sprouting. It is better value to buy them in packets of 100 grams than to buy the envelopes of seeds that you would sow in the ground.

Word of Caution

Sprouts are far more beneficial when eaten raw; however, if you are buying them to use ready-sprouted only purchase them from reputable sources or grocery stores, and make sure to wash them thoroughly before eating them, in case they have been in any way contaminated during the growing or packing process.