

# Salad Using Sprouts



First of all I want to apologize if I did not visit you this week...I have been very busy at work and I will try to come see

as soon as things gets calmer.

This spring I have committed to do many new things and one of them is sprout seeds...I already sprouted chia seeds, which requires much more work as the seeds need to be in a terracotta dish.

The alfalfa seed, broccoli, mustard, radish and many other are much easier to handle...it is a lot of fun to watch the seeds turn into microgreens...

There is really no recipe for it...and the whole procedure is very simple, you just need patience as can take from 6 to 10 days according to the temperature of your home.



Soak approximately 2 teaspoons seeds (alfalfa or mix seeds) overnight at room temperature. Fill the jar with at least 2 inches above the seed with water.

Next day, pour out the water and let the seeds sit. Make sure

to tap and roll the jar and the seeds lay on the side of the jar so the seeds are not all in the bottom of the jar. The seeds need air and moist.

Rinse the seeds at least twice a day and more is the temperature is warmer. Rinsing the seeds more often will assure that no other organism is growing together with your seeds.

As the seeds sprouts you might need to split them into another jar, allowing the sprouts to grow further. Please keep rinsing at least twice a day.

Eventually the jars will be full. Place the jars near sun for about 20 minutes, this will turn the leaves greener.

Most of the brown seeds coat will be off the beans. To remove them just submerge the sprouts in water and the brown coat will float to the top.

Place the sprouts into a salad spinner and spin until all the water is out. Place the sprouts in a plastic container and store in the refrigerator until you needed. The sprouts can be kept in the refrigerator for approximately 1 week.





I hope this post inspire you to start sprouting seeds.

***Thank you for stopping by Color Your Recipes...have  
a colorful week!***