

How to use Microgreens:

1. Delicious Salad:

You can use microgreens the same way you would eat a salad, just toss lighter with dressing so that you don't cover up the dimensions of flavor inherent in the multiple varieties of microgreens. Enjoy them on top of avocado or papaya with delicious dressing. Wonderful with any meal.

2. As a side Vegetable:

You can also just toss with extra virgin olive oil, good salt and some real parmesan reggiano cheese to add an umami quality...this becomes a delicious accompaniment to any protein like blackened salmon, seared steak, grilled chicken, shrimp, crispy bacon, grilled sausages and so much more...the microgreens will act as a delicious and beautiful feature on your plate that will soak up the juices and sauces on the plate.

3. Top your Soup, Broth and stew:

Microgreens are also a beautiful addition to any soup, broth or stew. They add beauty, flavor and dimension. Not to mention more nutrition.

4. In Wraps, Sandwiches, Top Pizza:

Microgreens are so much more fun in a sandwich than lettuce. There is more flavor and crunch and again beauty. Radish microgreens are so pretty and delicious on a nice grilled burger or veggie burger. The microgreens are so good in a grilled cheese. Microgreens are beautiful on top of your favorite pizza especially dressed with extra virgin olive oil and balsamic glaze. Microgreens are excellent in a veggie wrap with hummus and feta, falafels, tofu, and much more...

5. Avocado Toast:

Make your favorite avocado toast and top with microgreens for beauty, flavor and crunch.

6. Microgreens in Pesto or Hummus:

Blend your microgreens into your favorite spreads for added nutrition and flavor. Then garnish with the microgreens when you eat it.

7. Delicious Smoothies:

A favorite smoothie is often made with sunflower, peashoots and broccoli microgreens. Add your favorites like banana, mango, dragon fruit or berries...juice like orange or mango are delicious with added coconut milk and your favorite powders like moringa, maca and more...you can also add dates for additional sweetness...blend and enjoy for a deep super nutritious meal on the go.

8. Herb Microgreens:

My favorite microgreen herb is Italian basil. Top your soup, your grilled meats, heirloom tomatoes with olive oil and balsamic, top your pizza, your wraps, your eggs scrambles...anywhere and everywhere. So many benefits and so delicious!

Enjoy Microgreens Everyday! Be Creative and Let Microgreens Be a Part of Your Life!