

# HOW TO SPROUT SEEDS AND BEANS

## WHAT YOU'LL NEED



**SEEDS OR BEANS**



**GLASS JAR**



**DRAINING LID OR CLOTH**



**WATER**



Keep jar out of direct sunlight until last day to green up sprouts.

## STEP-BY-STEP GUIDE

### 1 SOAK SEEDS IN WATER

Soaking time is determined by type of seed (6–12 hours)

### 2 DRAIN & RINSE

Rinse with fresh water twice a day (morning & night) and drain again

### 3 WATCH THEM GROW

Ready in 2–5 days

Refrigerate

Best used within 5–7 days

