



Sprouted Bean Recipes

Have you ever tried sprouted mung beans (the tiny green beans)? They are very high in protein, yummy, and inexpensive. I get them dry from the bulk section at [Ellwood Thompson's grocery store](#) (less than \$3/lb!) and then sprout them. I first learned about them a few years ago from a yoga and meditation class that I took and have been enjoying trying different combinations and recipe ideas ever since. You can also sprout other types of beans (adzuki beans, lentils, chickpeas – chickpeas are really good mixed with sunflower seeds and avocado, by the way!) - I am still working on writing down some good recipes from those sprouted beans; I can send them to you when ready if you would like.

In case you need instructions - sprouted mung beans for 2 people:

- Use a soup bowl - just cover the bottom of it with beans (about 1/4 to 1/3 cup beans)
- Rinse the beans with filtered water and drain
- Add more filtered water to cover the beans by about 1.5 inches
- Cover with a plate or cloth and let soak overnight
- In the morning, drain off the water, rinse with filtered water, and drain off again
- Let sit for another 12 to 18 hours, checking on them once or twice to make sure they don't dry out too much - if so, just rinse again with filtered water and drain
- When the sprouted tails are about 1/8 to 1/4 inch long, the beans are ready to eat. If you can't eat them within a couple of hours, put them covered in the fridge (keep for up to 1 day in fridge) so that they don't keep growing. If the tails get too long, they lose their positive nutritional benefit and actually become not good for you to eat (as they start converting into a different growth phase, not sure on the details of why on this, but that is what I have been taught)
- They are tasty plain or with some sea salt, and also delicious with some of my favorite mung bean salad mixers:
 - Mung beans, chopped orange sections, sunflower seeds, orange juice (squeezed from a wedge of orange), sea salt
 - Mung beans, chopped brazil nuts, lime or lemon juice, raisins, chopped red apples, sea salt
 - Mung beans, sunflower seeds, sea salt
 - Mung beans, agave syrup or honey, sea salt
 - Mung beans, chopped or grated coconut, raisins, agave or honey or lemon juice, sea salt

Hope you enjoy!



Christina Borland, Owner
Go Veggie Girl, LLC