



# How to SPROUT

Australia • New Zealand

# HOW TO SPROUT

Sprouts, tiny powerhouses of nutrition, are packed with health benefits that make them a valuable addition to any diet. These young, tender shoots of grains, legumes, or seeds offer an abundance of vitamins, minerals, and antioxidants. One of the key benefits of sprouts is that they are a rich source of enzymes, which aid in digestion and improve nutrient absorption. The sprouting process breaks down anti-nutrients like phytic acid, making the nutrients more bioavailable for the body.

Sprouts are also high in fiber, which promotes healthy digestion, supports weight management, and helps regulate blood sugar levels.

In addition to these benefits, sprouts contain antioxidants that help protect cells from oxidative damage, reducing the risk of chronic diseases such as heart disease and certain cancers. Their high levels of vitamins A, C, and K, as well as minerals like iron, magnesium, and zinc, contribute to better immune function, skin health, and overall vitality.

Incorporating sprouts into your diet is easy and versatile. They can be added to salads, sandwiches, smoothies, or stir-fries, offering a crunchy, nutritious boost to any meal.



### 1. CHOOSE FROM YOUR LIST

You can sprout sunflower seeds, chia seeds, split peas, mung beans, chickpeas, peas, lentils, quinoa, almonds, peanuts... choose what's on your list and get started! You can use a simple jar with a muslin cloth or buy special sprouting jars. About 1.5 cups of legumes makes about 4 cups of sprouts.



### 2. YOU NEED A WIDE MOUTH GLASS JAR

Layer your choice of legumes in a clean jar and cover with enough warm water to completely submerge whilst allowing enough room for the sprouted legumes to grow. Leave to soak for 4-6 hours. Secure in place a muslin cloth or folded paper towel over top of the jar or the straining lid, and pour away water from the jar.

### 3. A SECOND SOAK

Submerge your legumes once again with fresh warm water and soak for another 4-6 hours. This second soak is where most of the water is absorbed by the legumes and they will have doubled in size. Rinse them in cold water and drain completely. Allow to rest for a few hours in a cool, dark place.



### 4. RINSE DAILY FOR 2 MORE DAYS

On the third day, your legumes will have sprouted and they're ready to eat. You can continue to allow them to sprout for a further couple of days but make sure you rinse regularly to keep them fresh and clean.

Sprouts can be eaten immediately or will keep in the fridge for 5-7 days in a sealed container.

# CREAMY SPROUT AND AVOCADO DIP



**Prep time** 15 mins

**Serves** 1

Author: Alexandra Brewster

## INGREDIENTS

- 1 cup sprouts
- 1 ripe avocado
- 1 small garlic clove, minced
- 1 tablespoon vinegar or lemon juice if allocated
- Salt and pepper to taste

## PREPARATION

1. In a blender or food processor, combine the sprouts, avocado, garlic, lemon juice/vinegar, salt, and pepper.
2. Blend until smooth and creamy. If it's too thick, you can add a little water to reach your desired consistency.
3. Serve with toasted rye bread chips and fresh veggie crudités.

# SPROUT SALAD WITH VINAIGRETTE AND SUMAC



**Prep time** 15 mins

**Serves** 1

Author: Alexandra Brewster

## INGREDIENTS

Portion of sprouts recommended (e.g., alfalfa, mung bean, or broccoli sprouts)  
1 cup cherry tomatoes, halved  
1 cucumber, diced  
1/4 red onion, thinly sliced  
1/4 cup avocado  
Papaya or mango portion

### **For the Dressing:**

3 tablespoons olive oil  
1/4 cup vinegar of choice  
Lemon zest  
2 pinches sumac  
Salt and pepper to taste

Refer to your MB  
Meal Plan to  
determine how  
much 1 serve is.

## PREPARATION

1. In a large bowl, combine the sprouts, tomatoes, cucumber, red onion, papaya or mango and avocado.
2. In a small bowl, whisk together the olive oil, lemon zest, vinegar, sumac, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine. Serve immediately.



# SPICY SPROUT AND GREEN PAPAYA SALAD



**Prep time** 15 mins

**Serves** 1

Author: Alexandra Brewster

## INGREDIENTS

2 cups allowed sprouts  
1 cup green papaya, shredded  
1 small cucumber, thinly sliced  
1/4 cup red onion, thinly sliced  
1 jalapeño, thinly sliced (optional)  
Fresh mint or basil leaves for garnish

### **For the Dressing:**

2 tablespoons lemon juice or vinegar  
Lime zest  
1 tablespoon flaxseed oil  
Finely chopped fresh coriander  
Salt and pepper to taste

Refer to your MB  
Meal Plan to  
determine how  
much 1 serve is.

## PREPARATION

1. In a large mixing bowl, combine sprouts, green papaya, cucumber, red onion, and jalapeño.
2. In a separate bowl, whisk together the dressing ingredients until well mixed.
3. Drizzle the dressing over the salad and toss to combine.
4. Garnish with fresh mint or basil leaves. Serve chilled or at room temperature.

# ROASTED RED PEPPER AND SPROUT DIP



**Prep time** 15 mins

**Serves** 1

Author: Alexandra Brewster

## INGREDIENTS

1 cup sprouts  
1 cup roasted red capsicum (homemade)  
1 tablespoon olive or flaxseed oil  
1 tablespoon balsamic vinegar  
1 clove garlic  
Salt to taste

## PREPARATION

1. In a food processor, combine the sprouts, roasted red capsicum, oil, garlic, vinegar, and salt.
2. Blend until smooth. Adjust seasoning as needed.
3. Serve with toasted rye "crackers" and fresh vegetable. crudités.