

Home Grown Broccoli Sprouts

by Healing Family Eats

Makes around 3 cups

3 tbsp broccoli seeds
filtered water
4 tiered seed sprouter or sprouting jars

- 1 Soak the broccoli seeds in plenty of filtered water for 8-10 hours.
- 2 Drain well and divide between your 4-tiered sprouter. Alternatively divide between sprouting jars.
- 3 Pour over a cup of filtered water, twice daily, and allow to drain.
- 4 Harvest around 3-4 days after the seeds start to sprout. Transfer the sprouts to a bowl of cold water and swish around to remove as many seeds as possible.
- 5 Dry the sprouts on absorbent paper or in a salad spinner and store in a glass jar in the refrigerator.
- 6 Eat within 2-3 days, but the sooner the better for maximum nutrients.

