

# Grow Sprouts in a Jar

*Fast, Tasty, Healthy & Fun!*



## What You Need:

- sprouting seeds
- jar
- screening
- lid ring or rubber band

## What You Do:

1. Clean everything
2. Put seeds in jar
3. Soak overnight
4. Rinse seeds, drain, wait
5. Repeat twice a day, then,

**IN JUST A FEW DAYS**

**Eat and Enjoy!**

**Pick up instructions  
or see below**

## Enjoy Your Sprouts:

- On salads
- Add to stir-fry dishes
- In sandwiches
- Blend into smoothies
- Eat raw as a snack

**CHALLENGE: Check the internet for other ways to grow sprouts!**

## 15 Easy To Grow Sprouts

- Alfalfa
- Peas
- Lentils
- Chickpeas
- Mung Beans
- Kale
- Red Clover
- Broccoli
- Red Cabbage
- Spinach
- Mustard
- Beetroot
- Arugula
- Radish
- Basil

photos: Greenplanet Energy Analytics

