Nutrition Adventure: Help Jesse Turn Seeds into Alfalfa Sprouts

YOU NEED:
- Jar (no lid)
- Cheesecloth
- Alfalfa Sprouting Seeds (found at any health food store)

YOU DO:
- Fill jar halfway with water
- Put cheesecloth on top of jar
- Put 1 Tbsp of seeds in jar
- Cover jar with rubber band
- Keep jar upside down in a bowl, cheesecloth side down.

BEFORE BED:
- After seeds have soaked overnight, rinse the seeds until water runs clear
- Rinse seeds 3x a day!
- Rinse seeds 3x a day!

RINSE, RINSE, RINSE
- After 3-4 days, seeds should have sprouted
- Rinse seeds 3x a day!
- Rinse seeds 3x a day!

ENJOY!

Once the seeds have sprouted, they are wonderful in sandwiches! I love a whole wheat sandwich with one of my favorite super foods: avocado. To get in more super foods make a guacamole with avocado, tomatoes, onion, garlic, cilantro. -Jessie

*Children under 5, the elderly, and those with a compromised immune system should avoid raw sprouts

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