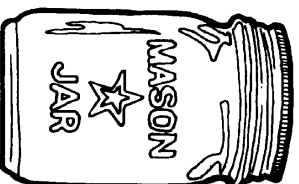


Nutrition Adventure: Help Jessie Turn Seeds Into Alfalfa Sprouts



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



- BEFORE BED**
- Put 1 Tbsp of seeds in jar
 - Fill jar halfway with water
 - Put cheesecloth on top of jar and secure with rubber band



- After seeds have soaked overnight, rinse the seeds until water runs clear
- Rinse seeds 3x a day!
- RINSE, RINSE, RINSE**

- ENJOY!**
- In between rinsing, keep the jar upside down in a bowl, cheesecloth side down.
 - After 3-4 days seeds should have sprouted

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 superfoods make a guacamole with avocado, tomatoes, onion, garlic, cilantro, and lime.

-Jessie

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

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