



How to Grow Your Sprouts

5 Easy Steps

Thank you for purchasing the sprout grower. Enjoy many years of sprouting and top health!

- 1) Put 3 tablespoons of mung beans onto the stainless steel screen; rinse them under tap water, spreading them out evenly. *
- 2) Pour 1 cup of water in the plastic dish below the beans. The water should touch the beans but *never* cover them.
- 3) Place the dome cover on top with the tabs slightly offset for easy opening. Press the dome and dish together at the side opposite to the tabs, so they snap. Leave the dome resting on the bottom dish groove by the tabs, in such a way that air can be released from the humidity chamber created by the evaporation of the water.
- 4) 12 hours later pour out the water (that is now tinted green), and move the beans around with your fingers. This keeps the emerging white root on top of the screen. Rinse the beans, and replace the 1 cup of discarded water with clean fresh water.
- 5) The beans are ready to eat when the root is as long as the size of the bean, usually in the first 24 to 30 hours. Remove them from the sprouter, and place them in a covered glass container in the fridge.

As soon as one batch of sprouts is ready, you are ready to start the next batch!

*Pre-soaking the beans is *not* necessary. However, smaller beans may have to be soaked overnight to make them swell before placing them on the screen under the dome.

*The ideal time to start sprouting your beans is between 6 and 8 pm.