

How to Sprout Lentils

Enjoy on salads, pizza, eggs, or any favorite dish!



1. Soak lentils in water, leave bowl in dark cabinet for 12 hours



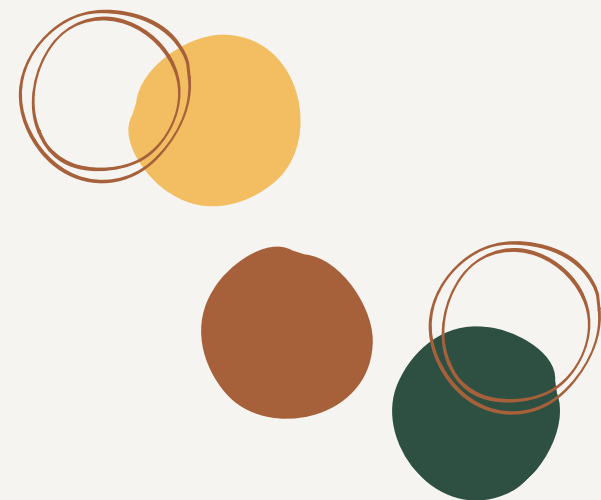
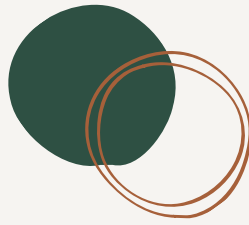
2. Rinse seeds with filtered water, and leave in a mason jar with a loose lid in a dark cabinet.

3. Rinse daily for 3 days

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4. On the 4th day, lentil sprouts are ready to eat! Place in fridge, and enjoy on your favorite dishes throughout the week.

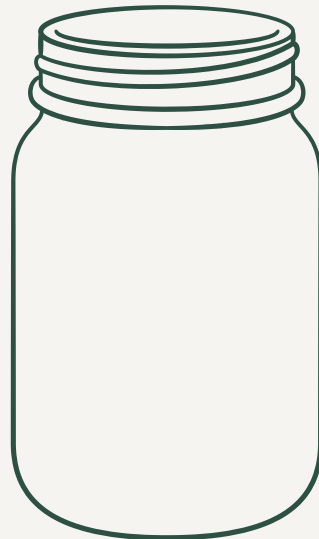


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4. When you begin to see yellow sprouts, put mason jar on a sunny cabinet or windowsill. After 2 days, place in fridge and enjoy throughout the week!

