

## **Easy Sprouting protocol**

1. wash 1/4 cup organic beans/seeds thoroughly  
(e.g. Adzuki beans, mung beans, chick peas or lentils)
2. submerge beans/seeds in filtered water (or mineral water)  
just 2 cm below water level in a wide-base container (strictly no tap water)
3. loosely cover the container and incubate in room temperature at dark cool  
place for 8hours
4. decant off water, rinse with fresh filtered water, drain off the water and leave  
the beans/seeds moistened
5. loosely cover the container and incubate in room temperature at dark cool  
place for 3-4 hours (or 8-12hours in fridge during the day, if not at home)
6. rinse with fresh filtered water, drain off the water and leave the beans/seeds  
moistened
7. repeat Step 5 and Step 6 until tiny roots sprout to the length of 0.5~1.0cm
8. consume raw (with healthy salad cream)

## 简易催芽程序

1. 将 1/4 杯的豆/种子洗干净（例如：红豆、绿豆、扁豆）
2. 将种子铺在平底宽阔的器皿里头，用过滤水/矿泉水里头淹过种子 2 公分浸泡着。（不许用自来水）
3. 把器皿轻轻盖上盖子/布，置于阴凉处 8 小时（室温）。
4. 把水倒掉后，用过滤水冲洗种子，沥干。
5. 把器皿轻轻盖上盖子/布，置于阴凉处 3-4 小时（室温）；或 8-12 小时（雪柜）。
6. 用过滤水冲洗种子，沥干。
7. 重复第 5 和第 6 步骤，直至细芽长出 0.5~1.0 公分。
8. 伴沙拉酱生食。