SPROUTING VEGAN PROTEIN
**WHAT**

- Beans, seeds, nuts or grains can be sprouted.
- Use the same process for nuts, seeds, beans and grains.
- Only the time differs.
- Phytic acid and enzyme inhibitors are neutralized.
Seeds, nuts, grains and beans are covered in chemicals called enzyme inhibitors which prevent premature germination and store nutrients for plant growth. When humans consume these chemicals, they reduce the absorption of important minerals and proteins causing nutrient deficiencies and other health issues. Soaking and sprouting bypasses this issue as it activates the seed and neutralises the inhibitors.
WHY

- Increase in enzyme activity (dormant in raw foods)
- Release storage of carbohydrates, fats, and protein.
- High levels of fiber
- B Complex vitamins
- Protein
Advantages

- Sprouting is the process where seeds are germinated and eaten raw or cooked.
- Grasses, grains and beans are used.
- Health & nutritional benefits
Sprouted mung beans are baby mung bean plants. They contain a concentrated amount of key vitamins and minerals such as iron, potassium, folate and vitamin C. They are a good source of protein. As the plants sprout, they also produce enzymes that make it easier for your body to digest and metabolize the protein they contain.
HOW

- Sprouting Jar
- Cover lentils with warm filtered water
- Store away from direct light in a dark area
- Drain
- Rinse 2x daily until shoots appear
• Made from organic, untreated, chemical-free, natural hemp fiber.

• Grows mung bean, broccoli, alfalfa, green pea, lentils, chick pea, adzuki, clover, radish, chives

• Expands or contracts

• Stores sprouts. Breathable weave

• Resistant to mold and mildew
"Beans have a soul."

Pythagoras