



# **Sprouts and Sprouting: The Complete Guide with Seventy Healthy and Creative Recipes**

*Valerie Cupillard*

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Turn your kitchen into a garden. Discover the pleasures of transforming wheat, lentils, mustard or alfalfa into sprouts and shoots. This work includes 70 healthy and creative recipes with an accent on raw nutrition and flavour. Bean sprouts, sprouted seeds and legumes are wonderfully healthy, delicious and convenient foods. Perfect for today's busy lives, they are the ultimate fast food. Sprouts are living plants ideal for making soups, salads, sandwiches, stir-fries, humus, and dips, but add great flavour, texture and colour to any dish. Seeds are a store house of latent energy which bursts forth when they germinate, converting the stored nutrients into highly nutritious sprouts, alive with plant enzymes, anti-oxidants, protein and a vast array of vitamins and minerals. Regularly eating sprouts can have a dramatic effect on your general health and wellbeing. Research has shown that sprouts improve and maintain the immune system, improve your digestion, and help prevent and fight serious diseases, such as cancer. Sprouts are also an excellent nutritional source for vegetarians, vegans and those on a gluten free diet. "Sprouts & Sprouting" is the complete guide to sprouting seeds and beans, including how to sprout successfully, sprouting equipment, nutritional information and over 70 recipes. It is the ideal handbook, both for the beginner and the seasoned sprouter.

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