

Averio Health Institute

Sprouting Instructions



Making sprouts can be easy and fun!

Raw, living sprouts contain phytochemicals that provide support to tissue regeneration, brain health, detoxification, anti-cancer support and more. They might be one of the single most powerful foods you can put into your body for regeneration.

For more information on the nutritional science of sprouting, watch Dr. Rhonda Patrick on YouTube.

How To Make Your Sprouts:

1. Get quart jars with wide mouths. Use sprouting lids and sprouting screens.
2. Purchase broccoli seeds, alfalfa seeds, etc.
3. Start one morning by putting 1/3 jar of water and a tablespoon or two of broccoli seeds in the jar to soak.
4. Let soak for between 12 to 24 hours to germinate.
5. Then drain the water and begin the growing process with your jar upside down, at an angle to let all the water drain out.
6. Once or twice a day, rinse your growing seeds by putting water in the jar and then draining it all out.
7. It will take about 5 to 6 days to mature your sprouts; at which time the jar should be fairly full of sprouts.
8. At this time, take the sprouts out of the jar, put them in a large bowl, cover with water and then drain out all the un-germinated seeds and hulls. You may need to do this a couple times before storing your sprouts in the refrigerator.
9. Plan on using your sprouts within 5 days. Start another crop.

How To Eat Your Sprouts:

1. Eat them right out of the jar as a delicious snack!
2. Adorn atop of salads or sandwiches.
3. Make smoothies out of them by adding some frozen fruit, water, and blending.
4. For best benefit, try to consume raw sprouts a *minimum* of 3x a week.

Note: sprouts require daily attention. They do not do well if neglected and not watered daily.