



1 tablespoon of mixed seeds



1 adult serve of sprouted microgreens

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Instructions for sprouting your own nutrient-packed microgreens inside!

You will need: 1 x Medium Jar



Recycle your own

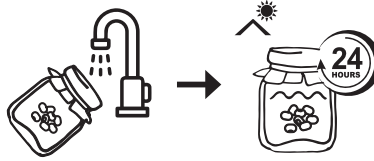
**Sprouting Seed Mix**  
Ingredients: Pure dried seeds of Alfalfa, Broccoli, Rocket and Sunflower.

Cheese cloth and elastic included.  
Made in Australia.

**NUTRITION INFORMATION**

	Average Quantity per Serving	Average Quantity per 100 g
Servings per package:	1	
Serving size:	100 g	
Energy	1370 kJ	1370 kJ
Protein	7.4 g	7.4 g
Fat, total	7.6 g	7.6 g
- saturated	1.5 g	1.5 g
Carbohydrate	45.4 g	45.4 g
- sugars	21.6 g	21.6 g
Sodium	48 mg	48 mg

## 1. Rinse & Soak



Empty seeds into a clean glass jar, place cloth over top and secure using elastic before rinsing thoroughly.

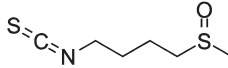
Fill jar with water, cover from sunlight with a tea towel and let soak for 24 hours.

## The benefits of microgreens

When certain plants are damaged by chewing, they release powerful enzymes that can play an important role in human health. Some of these enzymes tell our bodies to activate ancient genetic healing and immune defence systems like AMPK and NRF2.

Microgreens are the safest and most efficient way of consuming these powerful plant compounds like sulforaphane, a sulfur-rich molecule with anti-cancer, anti-diabetic and autophagy-promoting effects, shown to improve human health.

Be sure to chew thoroughly to naturally combine the health-promoting enzymes in this delicious blend of microgreens for a health and wellbeing boost!



## 4. Enjoy, or refrigerate

When you are happy with the size and colour of your sprouts, rinse one final time and allow to dry completely before enjoying them immediately as part of a salad, or refrigerate no longer than three (3) days for maximum health benefits.



## 2. Rinse & drain twice daily

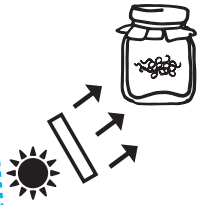


After 24 hours soaking, tip jar upside down at an angle and completely drain. Keep covered from sunlight and continue to rinse and drain morning and evening until sprouts develop.

## Important Warning!

The Smell Test! If your sprouts smell funky after you've rinsed and drained them, don't eat them! Sprouts should smell fresh and green and lovely. If they smell like rotten eggs, sewerage or anything bad after you've rinsed and drained them, that means bad bacteria has developed, so do not consume!  
 Immune-compromised individuals, the elderly or frail, pregnant people and those feeding infants are instructed to lightly cook finished sprouts over medium heat for at least 5 minutes before consuming and store no longer than three days to minimise the chances of bad bacteria like salmonella and e.coli from developing.

Once your sprouts grow tall, you no longer need to cover. Your jar should be left in an indoor location that gets up to 6 hours of indirect sunlight each day. Near a kitchen window is usually fine. Lightly water, by continuing to rinse and drain until you see green start to develop. Do not allow sprouts to dry out, but equally, don't allow them to stand in water. Regular watering/draining is key to good sprouts.



## 3. Greening (optional)