

Amazing Seeds "The Green Lentil "(SUPER FOOD)

Instructions for Sprouting Green Lentils

- 1) Soak the lentils in cool water overnight, and then drain the water from the bowl.
- 2) Leave them in bowl without water and rinse/strain them every 8-12 hours in cool water and they will be sprouting in a day or two.
- 3)) Eat them raw or try them in the Minestrone Soup*, add sprouted lentils (5 minutes before serving in the soup) or to whatever you are cooking and you have a Super Healthy Meal.
EXPERIMENT and try them with different foods

* REMEMBER TO RINSE WELL BEFORE EATING

Refrigerate lentils after they have sprouted in a zip loc bag.

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They should last around 4-5 days in the fridge after they have sprouted
If they do not look or smell good, do not eat them.

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