

## Bean sprouts stir-fry



### Ingredients

- 1 cup *moong* bean sprouts
- 1 tbsp soy sauce
- 1/2 tbsp sugar
- Salt to taste
- 1 tbsp vegetable oil
- A few drops of sesame oil

### Method

- Wash and drain the bean sprouts.
- Add the vegetable oil to a heated wok or heavy skillet. When it is hot, add the bean sprouts and stir-fry briefly.
- Add the soy sauce, sugar and salt. Stir-fry for another few seconds and add the sesame oil.
- Serve hot.

Note: You can add any veggies you like to the dish, like mushrooms, broccoli, carrots, babycorn, cabbage, French beans, etc.

[8 Yummy Sprouts Recipes That Will Get You Addicted To This Superfood \(indiatimes.com\)](http://indiatimes.com)

## Sprouts soup



### Ingredients

- 1/2 cup sprouts
- 1 potato, boiled, peeled and grated
- 1 onion, grated
- 1 tbsp cabbage, finely chopped
- 1 tbsp carrot, grated
- 1 garlic pod, crushed
- 1/2 tsp sugar
- 1/2 tsp oil
- 1 1/2 tsp cornflour
- 2 tbsp chilli sauce
- Salt to taste
- Water as required

### Method

- Wash the sprouts and boil them in 4 cups of water.
- Drain them and keep them aside. Do not throw the water.
- Dissolve the corn flour in 1/4 cup water. Keep it aside.
- Heat the oil in a heavy pan.
- Add the onion and garlic and stir-fry for a minute.
- Add the carrot, cabbage, sprouts, and potato and stir-fry for 2 to 3 minutes.
- Add the stock (the water in which the sprouts were boiled).
- Let it come to a boil and simmer for 5 minutes.
- Add the salt, chilli sauce, sugar and corn flour paste, stirring continuously.
- Boil for 3 minutes.
- Serve steaming hot, with wheat bread toasts or garlic rolls.

[8 Yummy Sprouts Recipes That Will Get You Addicted To This Superfood \(indiatimes.com\)](#)

## Use Sprouts to replace lettuce in Sandwiches



[10 Ways to Use Sprouts & Microgreens - Katie's Conscious Kitchen \(katiesconsciouskitchen.com\)](http://katiesconsciouskitchen.com)

## Sprouted Seed Recipes

These 5 recipes are perfect for introducing your family to fresh sprouts. Let's get started!

### **Sprout Stuffed Tomatoes**

1 cup lentil sprouts  
4 medium size ripe tomatoes  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{4}$  cup chopped olives  
 $\frac{1}{2}$  cup shredded carrot  
 $\frac{1}{2}$  cup shredded cheddar cheese  
 $\frac{1}{3}$  cup mayonnaise

Wash and clean the tomatoes by cutting off the stem end and removing the seeds. Sprinkle the inside of each tomato with salt, turn it upside down and chill in the refrigerator for 30 minutes. Combine the remaining ingredients in a medium bowl, divide into 4 equal parts and fill the tomato "cups." Serve cold.

### **Cucumber Sprout Spread**

$\frac{1}{2}$  cup mung bean sprouts  
4 oz. cream cheese  
2 oz. blue cheese (or substitute crumbled cheddar cheese)  
 $\frac{1}{2}$  cup grated cucumber  
 $\frac{1}{4}$  cup finely chopped celery  
1 Tbsp. minced chives  
2 Tbsp. chopped olives  
Salt and pepper to taste  
Paprika

Bring the cream cheese to room temperature until it can be stirred (or purchase spreadable cheese). Finely chop the mung beans and fold them into the cream cheese. Combine the next 5 ingredients and make sure all excess water is drained. Incorporate them into the cream cheese mixture. Add salt, pepper and paprika to taste. Use this as a refreshing dip with chips and crackers, or as a sandwich filling using whole wheat bread, deli meat, and additional sprouts of your choice.

## **Wheat Sprout Baking Powder Biscuits**

1 cup wheat sprouts  
1 cup whole wheat flour  
1 cup unbleached white flour  
4 tsp. baking powder  
2 tsp. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. cream of tartar  
 $\frac{1}{2}$  cup shortening  
 $\frac{2}{3}$  cup milk

Sift the dry ingredients together and cut in the shortening. Combine half of the milk with the wheat sprouts and add it to the dry ingredients. Add enough of the remaining milk to make soft dough. On a floured board, lightly knead the mixture no more than 5 times. Pat the dough into a rectangle  $\frac{3}{4}$  inch thick and cut out 16 biscuits. Bake in a 400° oven for 15 minutes.

## **Pineapple Pinto Cake**

1  $\frac{1}{2}$  cups cooked, mashed pinto bean sprouts  
1 cup well-drained crushed pineapple  
1 cup brown sugar  
1  $\frac{1}{4}$  cup butter  
1 egg (beaten)  
1  $\frac{1}{4}$  cup flour  
1 tsp. baking soda  
2 tsp. vanilla  
 $\frac{1}{2}$  tsp. salt  
optional:  $\frac{1}{2}$  cup chopped pecans, 1 cup chopped dates

Preheat oven to 375°. Prepare an 8x13 cake pan by buttering all sides and bottom. Sift the dry ingredients into a bowl. In a separate bowl, cream the sugar, butter, vanilla and egg until well mixed. Stir in the mashed bean sprouts and pineapple to the wet mixture. Slowly begin adding the dry ingredients until well blended. Add the dates and nuts (if using). Bake for 35-40 minutes. Cool in pan and top with caramel frosting.

[How to Add Healthy Sprouted Seeds To Your Diet - Seed To Pantry School](#)

# *Bean Sprout* STIR FRY WITH GINGER & SCALLIONS



This simple dish is a wonderful way to use Mung Bean sprouts. These long white sprouts are ubiquitous in Asian cooking and make a great addition to the table alongside fragrant rice and stir-fry.

## INGREDIENTS:

- 2 Tbsp. coconut oil
- 4 green onions, sliced
- 2 cloves garlic, grated
- 1 thumb-sized piece of ginger, grated
- 1 lb. mung bean sprouts

## INSTRUCTIONS:

1. **Heat** a large skillet or wok over high heat. **Add** coconut oil. Once the pan is very hot, **add** onions, garlic, and ginger. **Stir** quickly and **immediately add** the bean sprouts. **Season** with salt and pepper and **cook** for just a **couple of minutes**.
2. **Remove** from heat and **serve** with rice or stir-fry.

[Bean Sprout Stir-Fry with Ginger and Scallions Recipe - Cultures For Health](#)

## RECIPE: BROCCOLI SPROUT SALSA



Broccoli sprouts are touted as possibly the most beneficial of all salad sprouts. Leaving them raw and combining them with familiar flavors of Tex-Mex cooking makes them not only palatable but absolutely delicious.

## INGREDIENTS:

- 2 cups [broccoli sprouts](#)
- 2 cups chopped tomato
- Juice of 1 lime
- $\frac{1}{4}$  cup minced fresh cilantro leaves
- $\frac{1}{4}$  cup finely minced red onion
- $\frac{1}{2}$  seeded, chopped jalapeño
- [Sea salt](#) to taste

## INSTRUCTIONS:

1. **Roughly** chop the broccoli sprouts and **combine** them with all other ingredients in a medium bowl. **Mix well** and **season** with sea salt to taste.
2. **Serve** atop grilled fish or chicken, as a dip for chips, or with beans and rice for a vegan meal.
- 3.

[Broccoli Sprout Salsa Recipe - Cultures For Health](#)

# RECIPE: SPROUTED BLACK BEAN SOUP



This soup is warm, comforting, and has just enough kick to satisfy your Tex-Mex cravings. Due to the sprouted beans this soup cooks quickly, but feel free to make a double batch for leftovers or the freezer.

## INGREDIENTS:

- 3 Tbsp. coconut oil or lard
- 1 medium onion, diced
- 1 green pepper, diced
- 4 garlic cloves, minced
- 2 cups sprouted black beans
- 5 cups chicken broth
- 2 tsp. ground cumin
- 1/2 fresh jalapeño, minced
- Juice of 1/2 lime
- Sea salt to taste
- Sour cream and cilantro for serving

## INSTRUCTIONS:

1. In a Dutch oven over medium heat, melt coconut oil. Sauté the onion and pepper 5-8 minutes or until softened. Add garlic and cook an additional 2 minutes.
2. Mix in sprouted beans, chicken broth, cumin, and jalapeno. Bring to a boil, cover, and turn heat to low. Simmer at least 45 minutes and up to 2 hours, stirring occasionally. Once beans are very tender, remove from the heat.
3. Stir in the lime juice and season to taste with salt. Serve as is or blend using an immersion blender. If a thicker soup is desired, simmer a bit longer, uncovered, until a portion of the liquid cooks off. Stir frequently as beans tend to scorch easily.
4. Serve hot with sour cream and cilantro as garnish.

[Sprouted Black Bean Soup Recipe - Cultures For Health](#)

## RECIPE: RAW SPROUTED GRANOLA



This crunchy, raw, sprouted granola comes together quickly once all of the seeds have been sprouted. It makes great use of several different types of sprouts and tastes wonderful. If dehydrated below 113°F, all of the enzymes of the grain and seeds will remain intact, for a delicious and light breakfast. Use buckwheat and sunflower seeds that are just beginning to show their sprouting tail.

### INGREDIENTS:

- 4 Tbsp. honey
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- $\frac{1}{4}$  tsp.  $\frac{1}{4}$  teaspoon [fine-grained sea salt](#)
- 3 cups [sprouted buckwheat](#)
- $\frac{1}{2}$  cup [sprouted sunflower](#)
- $\frac{1}{2}$  cup [sprouted flax seeds](#)
- $\frac{1}{2}$  cup chopped dried fruit (apple, goji, apricot, fig, etc.)

### INSTRUCTIONS:

In a medium bowl, **whisk** together the honey, cinnamon, vanilla, and salt. **Add in the sprouted buckwheat, sunflower seeds, and flax seeds. Mix well to combine.**

- Spread the mixture onto two dehydrator sheets, if using a dehydrator, or two sheet pans if drying in the oven.
- Place trays in dehydrator or oven set to its lowest temperature. Dry 6-8 hours or until crunchy.
- Mix chopped dried fruit into cooled granola.
- Stores well in an airtight container at room temperature.

## MORE IDEAS FOR USING SPROUTS

<https://culturesforhealth.com/blogs/recipes/sprouting-recipes>

### #1 — Use Sprouted Beans As A Topping For Salads (Raw)

Toss a handful of sprouted beans atop your salad greens. They add nutrition, crunch, and flavor. Depending on your preference, you can use mature or less mature sprouts.

### #2 — Use Sprouted Beans As The Salad Itself (Raw)

Run out of greens or other salad fixings? Toss a variety of sprouted beans together with your favorite dressing, nuts, and cheese.

Other things to add: olives, diced sweet onions, and crushed garlic. Like a bean salad, only better! If you want to pass it off as a bean salad, use younger sprouted beans that are barely sporting a sprout. But older sprouts can be used in this salad as well.

### #3 — Use Sprouted Beans In Dips & Spreads (Raw Or Cooked)

You can use barely sprouted beans — either raw or cooked — as a substitute for cooked beans in any bean dip/spread recipe. The flavor may be a little different (if used raw), but I've always found these bean dips to be very tasty!

### #4 — Use Sprouted Beans In Soups & Stews (Cooked)

Sprouted beans — just a few days old, with barely a sprout peeking out — make a great addition to a soup or stew. They take only about 30 minutes to cook, too!

### #5 — Use Sprouted Beans As Flour (Raw Or Cooked)

Sprout, then dehydrate beans, then grind into a sprouted bean flour. Then use as a substitute in recipes calling for bean flour.

# Sprouted Rice Pudding

The classic gooey, delicious dessert you love, packed with sprouted whole grain goodness.

**Cook Time:** 15 minutes

**Servings:** 4



## What You'll Need:

- 2 cups cooked Second Spring Sprouted Brown Rice (about 1/2 cup dry)
- 1 can coconut milk
- 2 ½ tbsp brown sugar or maple syrup
- 2 ½ tsp vanilla extract
- 1 tsp cinnamon
- Pinch or two of nutmeg
- Pinch of salt

## How To Make It:

1. In a large pot, add the cooked rice, coconut milk, vanilla, cinnamon, nutmeg, salt and sugar or maple syrup.
2. Bring to a low simmer for 12-15 minutes, stirring occasionally, until the mixture has thickened.
3. Serve warm. Enjoy on its own or with toppings such as nuts, raisins, cinnamon or whipped cream.

[Sprouted Rice Pudding - Second Spring \(secondspringfoods.com\)](http://secondspringfoods.com)