

# Sprouting Recipes

When we add grains, nuts and seeds to water to soak overnight or for a few days they will begin to sprout, giving new life! This is when the enzymes come to life and are at their best. The enzymes found in raw food are multiplied in sprouts. **The nutrients remain intact until you begin to chew.** As a living food, sprouts provide an abundance of nutrients that will help to improve our immune system helping it to fight disease. Right up until the moment you eat a fresh raw sprout, it is growing and increasing in nutritional value.

## Steps to make Sprouting Easy: :

1. Select good organic seeds and beans
2. Soak the seeds or beans for 4-12 hours
3. Rinse them 3 times daily while they are sprouting
4. Rinse well before using
5. Store in the fridge for 2-4 weeks

## Stuffed Tomatoes:

**Ingredients:** tomatoes, sprouts, garlic, fresh basil, olive oil  
Scoop out the insides of a small tomato for each person, put the insides in a small bowl and mash until all broken up.

Add the following:

- ½ cup sprouts (broccoli or radish seeds)
- ½ tsp. garlic powder
- 2 tbsp. fresh chopped basil
- 1 tsp. olive oil
- sea salt to taste
- ½ cup quinoa drained (that has been soaking overnight)  
keep this for top of each tomato

Scoop this back into the tomatoes then garnish with the quinoa and serve slightly warmed.

To warm put in your Dehydrator at 105F for 1-2 hours.



**Tomato Sandwich:** Here is an old favorite the Tomato sandwich with lettuce, sprouts & nut pate on a gluten free flax wrap or organic whole wheat pita bread.

## Ingredients needed:

1. 3-4 slices of tomatoes per sandwich
2. 2-3 flax wraps (see page 8) or pita bread
3. Lettuce and sprouts
4. Nut pate (we use this instead of butter)

## Nut Pate: makes 2 cups

Put the following ingredients in your food processor and blend until creamy:

- 1 cup of each: walnuts & pecans (that have been soaked for 2 hours then drained)
- ½ cup of each: sliced onion & celery
- ¼ cup nutritional yeast
- ⅓ cup fresh lemon juice or apple cider vinegar
- 1 tsp of each: sea salt, curry powder, and chilli powder
- ½ cup zucchini slices

Once processed, store in a sealed container in the fridge for up to 5-6 days.



**More Sprouting Tips:** When I do the soaking I use distilled water and when I rinse them I use a mixture of Hydrogen Peroxide and water. This HP mixture will make sure there is no bacteria buildup in your sprouts. It usually takes 2-5 days for the seeds or beans to finish the sprouting stage. During this time, make sure you rinse often, so they stay moist but are not sitting in water. Once the sprouts are finished, keep them in the fridge and rinse before eating.

**Tomatoes** originated in America and were spread around the world following the Spanish coming to America. Many varieties are now widely grown, in greenhouses year round in our northern locations.



While the tomato is botanically a fruit, for culinary purposes it is considered vegetable. They contain the carotene lycopene a powerful natural antioxidant. In some studies, lycopene, especially in cooked tomatoes, has been found to help prevent cancer. Lycopene has also been shown to improve the skin's ability to protect against harmful UV rays. There are many kinds of tomatoes; for eating, cooking, slicing, adding to salads, and for drying and making into pastes. The plum tomatoes are best for eating and cooking because they have smooth skin and a reduced amount of pulp. The large beefsteak varieties are the best kind sliced in a sandwich because of their size and the small pulp cavity. Salad tomatoes such as cherry or grape are easy to use in a salad because they are bite sized or can easily be cut in half. I have found the tomatoes best suited for dehydrating are the Napoli, Opalka or the Borghese because they have few seeds and dry well. They should be allowed to ripen on the vine but in the winter months this is difficult so bring your tomatoes home and set them in the window so the sun can finish ripening them for you. Vine ripened tomatoes have four times the beta- carotene than green tomatoes. They also contribute to calcium absorption. Cooked tomatoes have an abundance of the carotenoid lycopene which is a powerful antioxidant. So eat them both ways!

**These recipes along with 13 others come from Judy Fleming's book "Using Sprouts in Our Food" available in PDF format by calling toll free 1-866-478-2224 or emailing [jfleming@hacres.ca](mailto:jfleming@hacres.ca) for a low cost of just \$5.00.**