

Eating sprouts is healthy and delicious - and it's also just fun to watch something grow. You could do both here!

To sprout seeds, take a glass jar with a metal top that fits. Poke several holes in the metal top.

Put some seeds or beans in the bottom of the jar and cover with water to soak for 12 hours. You can put whatever you might have on hand - chickpeas, sunflower seeds, mung beans, lentils, anything that seems like it might be good to watch grow and/or to eat. Rise those after 12 hours with room temp water. Drain the water out of the top. This time leave seeds damp but not covered in water. Repeat that process once every 12 hours until the sprouts have little shoots on them!

You can eat those straight away or you can keep them in the fridge in a plastic bag (I wouldn't keep them more than one week though because they can start to get funky).