



Choose your grains, make sure they are unprocessed meaning nothing has been done to the grain. The best grains to sprout are soybeans, mung beans, oats (ONLY GROATS), millet, guinea corn, wheat (ONLY WHEAT BERRIES), brown rice, quinoa, buckwheat and bambara.

Rinse the grains under lukewarm water. Sprout your grains separately and not together.

Soak the grains - pour the grains into a large mason jar with a sprouting cover, or a large container and cover with a large sieve. Cover the grains with 2 to 3 inches of water and let them soak for about 8 hours.

4. After soaking, rinse and drain the grains twice a day until they begin to sprout. Keep the jar in indirect sunlight (so avoid large windows and keep it covered with just a small amount of sunlight getting to the grains directly).

6. Rinse and drain the grains daily. They'll be ready in about 4 days when you see tiny sprouts emerging. Sprouting means you will start to see a new plant trying to grow from the individual grains.