

1. Soak 1 - 3 tablespoons of sprouting seeds overnight (or for 8 hours) in fresh, cool water. Metal containers, plastic tubberware, and mason jars are all good for housing the seeds.
2. After the sprouting seeds have soaked, drain and rinse them. Place paper towels over seeds after rinsing to ensure they are dry.
3. Repeat step 2 two times a day for 3-5 days, until your sprouts appear ready to eat!