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[
  {
    "id": "1",
    "instruction": "Gather your mixture of sprouting seeds and the container. Metal containers or wide-mouth mason jars work best for seed soaking."
  },
  {
    "id": "2",
    "instruction": "Rinse the sprouting seeds with cool water (around 70°F) and drain. Make sure to remove any debris, broken seeds, or stones that are still remaining in the sprouting seed mixture."
  },
  {
    "id": "3",
    "instruction": "Place the rinsed seeds in a container and fill about ¾ of the container with cool water. To allow air to flow properly, cover the container with a mesh lid or cloth and secure it with a rubber band. Soaking time should be around 8 hours, or overnight. "
  },
  {
    "id": "4",
    "instruction": "After the soaking period is over, drain the sprouts well, while allowing for plenty of air circulation. A mesh strainer works best, as it prevents any smaller seeds from getting lost with the draining water. "
  },
  {
    "id": "5",
    "instruction": "Repeat the rinsing and draining process for the next 2-3 days for around 3 times a day. Make sure to use cool water and to rinse gently to avoid damaging the tender sprouts."
  },
  {
    "id": "6",
    "instruction": "Before the sprouts appear ready, rinse them one more time in cool water. Remove any unsprouted seeds and seed hulls, if you desire. After you drain them, your sprouts are now ready to eat!"
  }
]
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