

Sprouted Lentil Salad

Ingredients:

1 cup sprouted lentils
1 medium tomato, diced
1 small cucumber, diced
1/4 red onion, finely chopped
1/4 cup chopped fresh coriander
1 tablespoon lemon juice
1 tablespoon olive oil
Salt and pepper to taste
1/2 teaspoon cumin powder (optional)
1/2 teaspoon paprika (optional)

Instructions:

Prepare the Sprouts:as shown in the video

Mix the Ingredients:

In a large bowl, combine the sprouted lentils, diced tomato, cucumber, red onion, and chopped cilantro.

Dress the Salad:

In a small bowl, whisk together the lemon juice, olive oil, salt, pepper, cumin powder, and paprika.

•Pour the dressing over the salad and toss to coat everything evenly.

Serve:

Serve immediately for the freshest flavor, or let it chill in the refrigerator for 30 minutes to allow the flavors to meld.

Sprouted Mung Bean Stir-Fry

Ingredients:

- 1 cup sprouted mung beans
- 1 small carrot, julienned
- 1 bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon vegetable oil

- 1/4 teaspoon chili flakes (optional)
- Salt and pepper to taste
- Sesame seeds for garnish
- Chopped green onions for garnish

Instructions:

1.Prepare the Ingredients:

Ensure your mung beans are sprouted

2.Stir-Fry:

- Heat vegetable oil in a large pan or wok over medium-high heat.
- Add the minced garlic and sliced onion, and stir-fry for 2 minutes until fragrant.
- Add the carrots and bell pepper, and stir-fry for another 3-4 minutes until they start to

soften.

- Add the sprouted mung beans, soy sauce, sesame oil, chili flakes, salt, and pepper.

Stir-fry for another 2-3 minutes until everything is well mixed and heated through.

3.Garnish and Serve:

Remove from heat and garnish with sesame seeds and chopped green onions.