



Yaakov's Sprouted Lentils

PREPARATION

You can use (organic) lentils from the supermarket for this project.

To sprout your lentils, start by soaking them in water overnight.

Day #1 CARE

The next morning, drain, rinse, and leave them in a container to sprout.

DAILY WATERING

Give your lentils a good soak and remove excess water. Keep your seedlings moist but ensure they don't sit in water between rinses.

HARVESTING

Within 3-4 days you will have yummy sprouted lentils to taste - it's like we're cooking with Yaakov!

EATING

To serve, wash the sprouts with water and dry them with towels or a salad spinner. They can be added to soups, salads, sandwiches, main dishes or eaten alone.

BRACHA

Sprouts do not commonly have bugs but always check produce for bugs since bugs are not Kosher. Thank Hashem for giving us food from the adama by making a bracha of *borei pri haAdama* and enjoy! Even though these were not grown in the adama- these seeds came from the adama!

ENJOY YOUR NEW SPROUTS