

SLIM! Ketogenic Reset

SPROUTING MADE SIMPLE

Sprouts are an amazing source of the most live food possible! Sprouts are rich in enzymes, antioxidants and anti-inflammatories and are a great addition to salads – or even used as a meal in themselves. New research shows that sprouts like those made from broccoli seeds have a high amount of sulforaphane that has been shown in clinical trials to inhibit breast cancer stem cells. . They also contain DIM which acts as a false receptor site to pull excess estrogen from the body. This is a nutrient that has research on it as a possible help in reducing estrogen-fed health challenges The detoxification properties of these sprouts are said to help combat air pollution as well as any other instance where helping the body gently, yet powerfully, detox is required (think autism!).

Top with fresh avocado and olive oil and you have a healing, nutritive, yet inexpensive dish. Sprouts can be purchased at stores like Clark's and are great when you need the quick convenience, but in case you want to make them yourselves, directions follow.

A seed contains everything that is needed to become a plant – when water is added. Broccoli and kale and other crops from the cole family can begin sprouting after a mere six hours in water. Larger seeds – like garbanzo beans, for example, may take a full twenty-four hours or more to begin the sprouting process. Even soaking almonds overnight can aid in digestibility, so think outside of the box on what you can sprout!

SPROUTING BROCCOLI SEEDS:

Soak two Tbsp. (shown is one) Broccoli Seeds in a cup or more of clean water. Let soak six hours. Drain the water (plants love this water!) and rinse with fresh water at least twice per day over the next two days. The goal is to rinse the seeds and keep them moist without allowing them to mold. Clark's has a great fermenting jar (shown here) that has a mesh top. This jar makes it super simple as you can put fresh water directly into the jar to rinse, then position the jar on an angle to let the water drain but still allow air flow.

After two days, set the jar in a sunny window for a short time so the tiny leaves can manufacture chlorophyll.

That's it! Rinse the sprouts again and enjoy in a salad or by themselves – delicious by the handful!



Jar before cleaning



Adding Broccoli Seeds



Rinsed Seeds after 24hrs



3 days to Ready-to-Eat Sprouts!

Go to:

www.SoCalGardenHealth.com/Slim to sign up for a Free SLIM! Webinar