

Sprouting Black Beans

Supplies

1/2 cup beans

Mason Jar

Sprouting lids

Small container

Instructions

1. Rinse your beans (get out any debris or dirt)
2. Fill your Jar/Jars 3/4 the way up with water
3. Put beans into the jar
4. Screw on sprouting lid
5. Soak beans overnight
6. Drain and rinse beans
7. Place jar upside down and tilted in a jar
8. Rinse and drain 3-4 times a day until sprouts appear
9. Drain well before use