The Big Picture Living initiative is designed to spark transformational change in young people’s lives and future potential - as well as their communities and the world - through healthy lifestyle choices.

Sprouted Vegetables

Did You Know? Sprouting legumes, grains, and seeds makes them much easier to digest, this is because you are by breaking down the anti-nutrients (things that interfere with the absorption of nutrients) that are common in those foods.

WHAT’S IN YOUR KITCHEN?

1. In your kitchen find dried or raw beans, grains or seeds.
2. Soak them in a jar or under wet paper-towels overnight.
3. If soaking, drain the seeds the next day then spread the seeds out on moist paper towels.
4. Wait 2 to 4 days for tails to grow at least the length of the bean, grain or seed.
5. When ready, refrigerate sprouts for up to a week.
6. Eat and enjoy!

Art work by Zayd Lokhandwala, a student at the NEXT School in India and member of the Skunk Works.

www.bpliving.org

Take a photo of your spouts, share on social media and tag #BigPictureLiving