

Raw Gourmet La Vie



www.rawgourmetlavie.com

From My **Kitchen** *to Yours*



A GUIDE TO GROWING
FRESH SPROUTS AT HOME



Welcome



I'M SO GLAD YOU'RE HERE!

*T*hank you for joining me on this journey
into the beautiful world of sprouting.

For more than fifteen years, sprouting has been one of the simplest and most nourishing practices in my kitchen. It connects me to the natural rhythm of growth and reminds me daily that living foods truly have the power to support our well being.

I created this guide to share the methods I use in my own kitchen, nothing complicated, just real food, clean water, a little time, and a lot of love.

Whether you're brand new to sprouting or looking to deepen your practice, my hope is that these pages encourage you, guide you, and inspire you to grow something fresh, vibrant, and alive.

♡ *From my kitchen to yours,*
Kelly



A Tiny Seed, A LIVING MIRACLE

Every sprout begins with a quiet transformation. What looks like an ordinary seed is actually alive, waiting for the right conditions to awaken. With fresh water, air, and a little patience, that tiny seed begins producing enzymes, vitamins, and vibrant new life.

Sprouting isn't just about growing food. It is about witnessing nature's incredible design unfold right in your own kitchen.

As each seed opens, nutrients become more available and fresh flavors emerge. In only a few days, you will have living food that can be enjoyed in countless ways.

Throughout this book, you will discover simple techniques, helpful tips, and my favorite varieties so you can sprout with confidence and enjoy fresh harvests all year long.

Sprouts Help You...



AWAKEN LIVING FOODS

Fresh sprouts are living plants bursting with vitality.



BOOST FLAVOR

Add crisp texture and fresh taste to everyday meals.



SAVE MONEY

Grow nutritious food at home for just pennies per serving.



REDUCE WASTE

Harvest only what you need and enjoy it at its freshest.



GROW YEAR ROUND

No garden required. Just seeds, water, and a few minutes each day.



*Every jar of sprouts begins with hope.
Care for a tiny seed today,
and tomorrow you will harvest
food that is fresh, vibrant, and alive.*

My Sprouting Story

My sprouting story began with my Cape parrots. I wanted to add fresh sprouts to the living foods I already prepared for them, giving them something nourishing that I could grow at home with love and confidence.

What began as another way to care for my birds soon became part of my own kitchen. With every jar, I learned more about patience, freshness, and the quiet beauty of growing food from seed.

Sprouting gives me a connection to the entire process. I know the water I used, the care I gave, and the exact moment the sprouts are ready to enjoy.

The daily rhythm is simple. Rinse, drain, watch, and wait. Within days, a jar is filled with something fresh and alive.

My birds inspired the first jar, but sprouting grew into something much greater. It became a kitchen tradition that I now have the joy of sharing with you.

Why I Keep Sprouting



A DAILY RITUAL

The simple routine keeps me connected to living food.



FRESHNESS I CAN SEE

I watch every stage and harvest at just the right moment.



JOY IN THE PROCESS

Each tiny change reminds me that growth is always happening.



INSPIRED BY MY BIRDS

Caring for my Cape parrots opened the door to a practice that became part of my life.



MADE TO SHARE

Homegrown sprouts are one of my favorite things to pass along.



*There is something beautiful
about watching a tiny seed awaken.
It reminds me that life is always
renewing itself, and so can we.*



A Simple Practice WITH BIG REWARDS



Sprouting is one of the easiest and most rewarding ways to bring living food into your daily life. In just a few days, tiny seeds wake up, grow, and transform into fresh, enzyme rich sprouts that nourish your body and delight your taste buds.

It doesn't require fancy equipment or special skills. You only need a few basic supplies, clean water, and a little consistency.

When you sprout at home, you know exactly what you're eating. Pure, whole, and alive.

In this book, I'll guide you through simple steps, trusted methods, and the varieties I love most so you can enjoy the many rewards of sprouting, every single day.



Sprouts Bring You



MORE NUTRITION

Sprouts are packed with vitamins, minerals, and enzymes.



BETTER DIGESTION

Enzymes and fiber help your body absorb and use nutrients more easily.



MORE ENERGY

Living foods support natural energy and overall vitality.



IMMUNE SUPPORT

Nutrients, enzymes, and antioxidants help your body stay strong.



DELICIOUS & VERSATILE

Add sprouts to salads, wraps, soups, smoothies, and so much more.

*Every sprout you grow is a reminder
that life is always moving forward.
From a tiny seed, something beautiful
and nourishing can unfold.*





What You Need to Get Started

Keep it simple. ♥

Good airflow, clean water and daily rinsing are the secrets to healthy, vibrant sprouts every time.

Sprouting is beautifully simple. You don't need fancy equipment or a lot of space. Just a few basic tools, clean water and a little consistency. With the right setup, you'll be harvesting fresh, living food in your kitchen in just a few days.

MY ESSENTIAL SUPPLIES ♥

- ♥ Mason Jars (wide mouth preferred)
- ♥ Sprouting Lids (mesh or stainless steel)
- ♥ Low Metal Sprouting Stand
- ♥ Filtered Water
- ♥ Paper Towels or Clean Cloth
- ♥ Rubber Bands (optional)



I use a low metal stand so my jars drain fully and get plenty of airflow.

A CLOSER LOOK AT EACH ITEM



MASON JARS

Wide mouth jars make rinsing and harvesting easy. I use 32 oz (quart) jars for most varieties.



SPROUTING LIDS

Mesh or stainless steel lids keep seeds in while allowing water to drain and fresh air to flow.



LOW METAL SPROUTING STAND

Tilted position helps jars drain completely so sprouts don't sit in water.



FILTERED WATER

Clean; filtered water makes a big difference in both sprouting success and flavor.



PAPER TOWELS OR CLEAN CLOTH

Useful for wiping jars, catching excess water or covering jars if needed.



RUBBER BANDS (OPTIONAL)

Helpful for securing a cloth over jars when sprouting very tiny seeds.



Remember: You don't need everything fancy. Start simple, keep it clean, and let nature do the rest.



Choosing What to Sprout

Variety is everything. ♥

Different seeds offer different benefits, flavors and textures. Mix it up and enjoy them all.



The variety you choose depends on your taste, your goals and how you plan to use your sprouts. Every seed has its own personality, texture, flavor and nutrition. Exploring different kinds keeps your meals interesting and ensures a wide range of nutrients.

THINK ABOUT:

- ♥ Flavor: mild, nutty, earthy, sweet
- ♥ Texture: crisp, tender, crunchy
- ♥ Nutrition: protein, vitamins, minerals, enzymes
- ♥ How you'll use them: salads, sandwiches, wraps, soups, blends or as a main ingredient
- ♥ How quickly they sprout: Some are ready in 2 days, others take 4 to 6 days.



POPULAR CHOICES AND HOW I USE THEM



BROCCOLI

Powerhouse nutrition. Slightly spicy and fantastic in salads, wraps and blends.



ALFALFA

Mild and delicate. Great on sandwiches, in salads or simply with lemon and sea salt.



MUNG BEANS

Crisp and refreshing. Perfect for Asian inspired dishes, salads and wraps.



CHICKPEAS

Creamy, nutty and satisfying. I love them in salads, hummus and grain free dishes.



LENTILS

Earthy and hearty. Great in salads, soups or as a main dish with herbs and spices.



GREEN PEAS

Sweet and tender with a wonderful bite. Great in salads, pasta or grain dishes.



BUCKWHEAT

Mild and slightly nutty. I use them in salads, pates, crackers and raw pizzas.



SUNFLOWER

Crunchy and mild. Delicious in salads, wraps and mixed sprout blends.



SPROUT MIXES

Premade blends save time and add variety. Perfect for daily salads.



TINY SEEDS

Broccoli, alfalfa, radish and more. Tiny but mighty in nutrition!

Start Simple ♥

Choose two or three varieties to begin. Once you build confidence, you can expand your rotation and keep your kitchen full of variety and nourishment.

Tiny Seeds and Larger Beans

SIZE CHANGES THE ROUTINE

Tiny seeds absorb water quickly and can crowd together as they grow. Larger beans swell more during soaking, so begin with less and leave generous space in the jar.

Sprouts begin at different speeds. Tiny seeds usually wake quickly and form fine roots, while beans and legumes take more time and need extra room in the jar. Understanding those differences makes each batch easier to plan.

WHAT TO EXPECT

TINY SEEDS



- ♥ Quick soak time: 4 to 8 hours
- ♥ Usually ready in 2 to 4 days
- ♥ Fine roots and a tender texture
- ♥ Drain carefully to prevent clumping
- ♥ Ideal for salads, wraps, and garnishes

LARGER BEANS AND LEGUMES



- ♥ Soak time: 8 to 12 hours
- ♥ Usually ready in 3 to 6 days
- ♥ Firm texture and a hearty bite
- ♥ Need more jar space as they expand
- ♥ Ideal for bowls, dips, and meals



A SIMPLE COMPARISON

CATEGORY	TINY SEEDS	LARGER BEANS AND LEGUMES
Examples	Alfalfa, broccoli, radish, clover, mustard	Mung beans, chickpeas, lentils, peas, adzuki beans
Soak time	4 to 8 hours	8 to 12 hours
Sprout time	2 to 4 days	3 to 6 days
Jar space	Moderate	Generous
Texture	Tender	Firm
Best uses	Salads, wraps, garnishes	Bowls, dips, hearty dishes

TIP FROM MY KITCHEN

I never fill every jar with the same amount. A spoonful of tiny seeds can become a thick tangle, while beans expand dramatically during soaking. Leaving room for air and movement helps both kinds drain more completely.



A FEW THINGS I HAVE LEARNED

♥ START WITH LESS

Seeds multiply in volume as they sprout. A small amount often produces more than expected.



♥ WATCH THE DRAINAGE

Fine roots can hold water. Turn the jar and let every pocket drain before returning it to the rack.



♥ LET THE BATCH GUIDE YOU

Temperature, humidity, and seed age can change the timing. Look for healthy growth instead of relying only on the calendar.



From Seed to Sprout

..... ♥

Every batch begins with a simple rhythm. Clean water, fresh air, and a little daily attention help seeds move from their dry state into active growth.

SPROUTING BEGINS HERE

The first soak gives dry seeds the moisture they need to begin. Soak the seeds for 8 hours. After soaking, pour away the water and give the seeds their first thorough rinse. These opening steps prepare the jar for the days of growth ahead.

THE PROCESS AT A GLANCE

- ♥ 1 Soak the seeds for 8 hours
- ♥ 2 Pour away the soaking water
- ♥ 3 Rinse with cool, filtered water
- ♥ 4 Drain until no water collects
- ♥ 5 Return the jar to the rack

↖ *I keep my jar upside down so air can move freely, and water can drain completely.*



STEP 1: SOAK THE SEEDS



Place the seeds in a clean bowl or jar. Cover them generously with cool, filtered water.

During the soak, dry seeds absorb moisture and become plump. This is the beginning of germination.

Soak the seeds for 8 hours before beginning the sprouting process. Use the chart on Page 7 for the amount of seed to use.



BEFORE SOAKING

The seeds are dry, firm, and inactive.



AFTER SOAKING

The seeds are plump and ready for their first rinse.

STEP 2: COMPLETE THE FIRST RINSE



Pour away all of the soaking water. Add fresh, cool, filtered water and gently swirl the seeds.

Drain the jar completely. Water left around the seeds can make the batch too wet.

Return the jar to the rack with the opening angled downward.

FIRST RINSE REMINDERS

- ♥ Use cool, filtered water.
- ♥ Swirl gently so every seed is reached.
- ♥ Drain until water stops dripping.
- ♥ Keep the jar open to fresh airflow.



FROM MY KITCHEN TO YOURS

The first soak starts the change. The first rinse creates the clean beginning your batch needs.





The Daily Rhythm

Consistency keeps a growing batch moving forward.

After the first rinse, the routine becomes simple. Fresh water reaches every seed, complete drainage removes excess moisture, and the angled jar allows air to circulate between rinses.

MY THREE DAILY CHECKS

♥ MORNING

Rinse, drain, and return the jar to the rack.

♥ MIDDAY

Check the jar, rinse again, and drain completely.

♥ EVENING

Give the seeds their final rinse of the day and leave the jar angled overnight.

Three rinses a day is my sweet spot.



WHAT TO EXPECT AS THEY GROW

1 DAY 1

FIRST SIGNS

Seeds become plump. Depending on the variety, the first tiny roots may begin to appear.



2 DAY 2

ACTIVE GROWTH

Roots begin to lengthen and the seed coats loosen. Continue your regular daily rhythm.



3 DAY 3

NEARLY READY

Growth becomes fuller and more visible. Let the sprouts and their natural pace guide you.



SPROUTS FROM MY KITCHEN



EVERY BATCH IS DIFFERENT

Growth speed can change with the seed type, room temperature, and season. Watch how your sprouts develop instead of relying only on the clock. With experience, their natural rhythm becomes easy to recognize.

TIP FROM MY KITCHEN

I look at the jar before I walk away. If water is still gathered along the glass or beneath the seeds, I turn it again and let it drain longer. That quick check helps me keep the batch from staying too wet.



REMEMBER

Fresh water, complete drainage, and steady attention guide the sprouts through each day of growth.



Rest, Then Store

..... ♥

Between rinses, quiet time matters.

Once the jar has drained, the seeds need time to rest, breathe, and continue growing. Keeping the jar angled allows remaining moisture to move away from the seeds while fresh air circulates around them.

LET THE JAR REST

- ♥ Return the jar to the low metal rack after every rinse. Keep the opening angled downward and check that no water is collecting along the glass.
- ♥ During active growth, keep the jar at room temperature and away from direct sunlight.
- ♥ Resting is not an extra step. It is the time when the changes inside the jar become visible.



BETWEEN RINSES



KEEP THE ROUTINE STEADY

- ♥ Drain completely after every rinse.
- ♥ Return the jar upside down on the low metal rack.
- ♥ Check that no water is pooling around the seeds.
- ♥ Allow fresh air to circulate.
- ♥ Keep the jar away from direct sunlight.

WHEN THE SPROUTS ARE READY

After the final rinse, drain the sprouts very thoroughly before moving them into the refrigerator.

MY REFRIGERATOR METHOD

1

COVER

Place a clean, dry paper towel over the screened lid.

2

SECURE

Hold the paper towel firmly in place with a rubber band.

3

REFRIGERATE

Place the covered jar in the refrigerator angled downward at first.

4

REFRESH

Replace the paper towel whenever it becomes damp.

5

STAND UPRIGHT

Once the sprouts are well drained, stand the jar upright for storage.



TIP FROM MY KITCHEN

The towel catches lingering moisture without sealing the jar. I check it every day and replace it whenever it feels damp.



REMEMBER

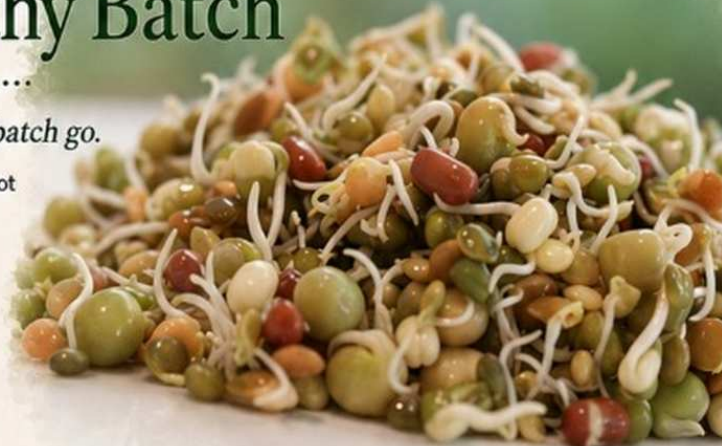
Let the sprouts drain fully, give them room to breathe, and keep the towel fresh.



Signs of a Healthy Batch

Learn what is normal and when to let a batch go.

Every seed variety grows in its own way. Color, size, root length, and texture can differ from one jar to another. Those differences are natural. Look at the whole batch instead of expecting every sprout to match.



HEALTHY CLUES

- ♥ White or creamy roots
- ♥ Fine root hairs attached to the roots
- ♥ Fresh, mild scent
- ♥ Firm or crisp texture
- ♥ Natural variation in size and color
- ♥ No slime, musty odor, or colored growth

A CLOSER LOOK

WHITE ROOTS



Healthy new roots are usually white or creamy. Their length will vary with the seed and stage of growth.

ROOT HAIRS



Fine white threads along the roots can look fuzzy. Root hairs are attached evenly to the root and are a normal part of growth.

SEED HULLS



Some hulls cling to the sprouts while others fall away. Their color and shape depend on the seed variety.

NATURAL VARIATION



Sprouts in one batch may grow at different speeds. Some may be shorter, longer, lighter, or darker.

FRESH TEXTURE



A well drained batch should feel firm and fresh, not slimy, mushy, or waterlogged.

USE YOUR SENSES



LOOK

Notice the roots, color, moisture, and overall condition of the batch.



SMELL

A fresh batch should not smell sour, rotten, or musty.



TOUCH

The sprouts should not feel slimy, sticky, or unusually soft.

WHEN TO DISCARD THE BATCH

- ♥ Discard the entire batch if you notice slime, a sour or musty odor, unusual discoloration, or patchy fuzzy growth that is not attached to the roots.
- ♥ Do not try to rescue a questionable batch with another rinse. When you are unsure, throw it away.



FOOD SAFETY NOTE

Sprouts can carry harmful bacteria even when they look and smell normal. Appearance alone cannot confirm safety.

Cooking sprouts thoroughly lowers the risk of foodborne illness.

People at higher risk should avoid raw or lightly cooked sprouts.



REMEMBER

Root hairs can be normal. Slime, bad odors, unusual color, and patchy growth are reasons to discard the batch.



When to Start Fresh

A simple guide for an uncertain batch.

Fine white growth can be normal when it follows the roots. Growth that spreads across the seeds in irregular patches is different. Look at where it begins, how it is distributed, and whether other warning signs are present.



NORMAL ROOT PATTERN



- ♥ Fine white threads are attached to individual roots.
- ♥ The growth follows the direction of each root.
- ♥ The color is white or creamy.
- ♥ The pattern is spread evenly through the healthy batch.
- ♥ The sprouts are not slimy and do not smell sour or musty.

WARNING PATTERN



- ♥ Fuzzy growth forms patches or clumps.
- ♥ Threads spread between seeds instead of following each root.
- ♥ The growth may be gray, green, black, pink, or another unusual color.
- ♥ The batch may smell sour, rotten, or musty.
- ♥ The sprouts may feel slimy, sticky, or unusually soft.

A QUICK DECISION GUIDE

1 CHECK THE LOCATION

Is the white growth attached to individual roots? It may be normal root growth.

2 CHECK THE PATTERN

Is the growth spreading across the seeds in irregular patches? Discard the batch.

3 CHECK THE COLOR

Do you see unusual gray, green, black, or pink growth? Discard the batch.

4 CHECK THE SMELL AND TEXTURE

Does the batch smell sour or musty, or feel slimy? Discard the batch.

5 TRUST YOUR JUDGMENT

If you are still unsure, throw the entire batch away and start fresh.



FROM MY KITCHEN TO YOURS

After more than 15 years of sprouting, I never take chances with a questionable jar. Starting a new batch takes only a few days, and peace of mind is worth it.



IMPORTANT

Do not try to rescue a questionable batch with extra rinsing. Looking and smelling normal cannot guarantee that sprouts are free from harmful bacteria.



REMEMBER

Root growth follows individual roots. Suspicious growth spreads in patches. When in doubt, start fresh.

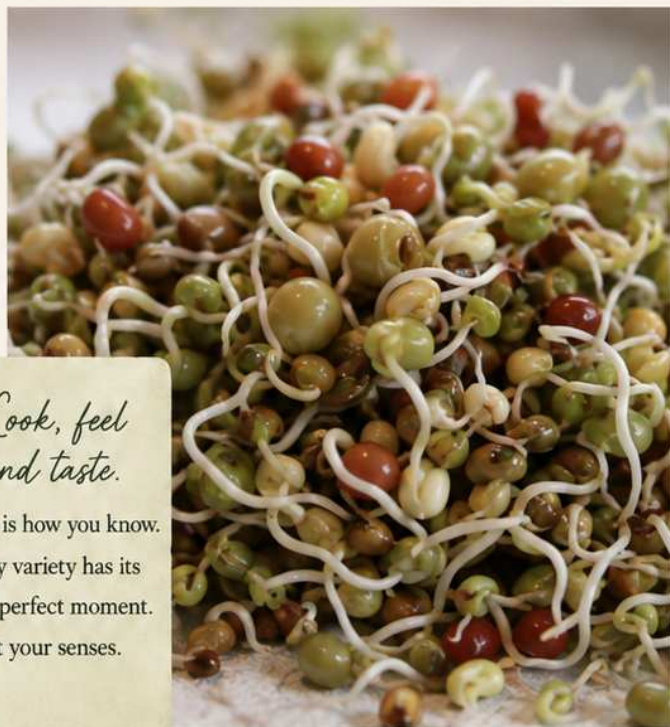


When Are My Sprouts Ready?

Sprouts do not follow the calendar. They follow the seed. Different varieties are ready at different times. The key is learning what to look for, not counting the days.

Look, feel and taste.

That is how you know. Every variety has its own perfect moment. Trust your senses.



SIGNS YOUR SPROUTS ARE READY

STRONG, HEALTHY ROOTS



Roots should be white or creamy white, with healthy length.

LEAVES ARE OPENING



Tiny leaves may begin unfolding as the sprouts mature.

FULL, NOT PACKED



The jar should look full without being jammed. Sprouts need room to breathe.

FRESH, CLEAN SCENT



They should smell fresh and clean, never sour or musty.

GENTLE CRUNCH



A crisp, tender bite tells you they are at their best.

Different sprouts, different timing

- Tiny seeds such as alfalfa and broccoli are usually ready in 3 to 5 days.
- Mung beans and lentils are often ready in 3 to 5 days.
- Peas and larger beans may take 4 to 7 days.
- Chickpeas can take 5 to 7 days or a little longer.
- Cooler temperatures slow growth. Warmth speeds it up.
- Start checking a day or two before you think they will be ready.



How I decide



- I look at the roots.
- I look at the leaves.
- I smell them.
- I taste a few.
- If they taste fresh, crisp and alive, they are ready.

A gentle reminder

You can enjoy sprouts a little earlier for a milder flavor and softer texture, or let them grow longer for more size and crunch. Your senses are your best guide.



Enjoy the process

Checking your sprouts each day is part of the joy. You learn what they like, and you will know when they are just right for you.

THE FINAL RINSE

Fresh, Clean & Ready

The final rinse is your last step before storing or using your sprouts. It washes away any loosened hulls and keeps your sprouts clean, crisp, and full of life.

HOW TO RINSE



1. RINSE WELL

Place your sprouts in a bowl or colander. Rinse thoroughly under cool, filtered water, swirling gently with your hand.



2. DRAIN COMPLETELY

Drain all the water. Give them a gentle shake to remove excess water.



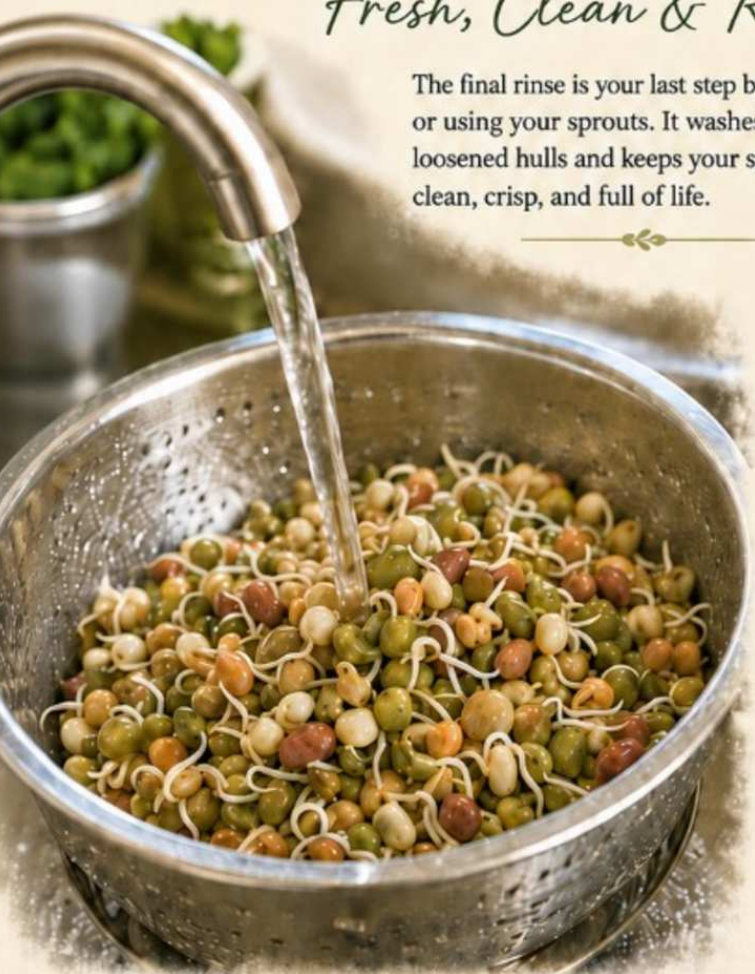
3. BACK IN THE JAR

Return the sprouts to your jar and place it upside down in your sprouting stand so air can flow.



4. STORE OR ENJOY

Store in the refrigerator, covered with a paper towel and secured with a rubber band. Rinse again before enjoying.



DAILY CARE REMINDERS



RINSE 3 TIMES DAILY

Rinse and drain at least three times a day. This keeps your sprouts fresh and helps prevent bacteria from growing.



UPSIDE DOWN

Keep your jar upside down in a stand so excess water drains away and fresh air circulates.



REFRIGERATOR STORAGE

Cover the lid with a clean paper towel and secure with a rubber band.



REFRESH YOUR TOWEL

Change the paper towel every couple of days or whenever it feels damp to keep your sprouts smelling fresh.



RINSE BEFORE USING

Give them one more quick rinse right before using to wake them up and make them extra crisp.

A LITTLE TIP

Different varieties hold different amounts of water. A good, complete drain helps keep your sprouts fresher, longer.



*Simple steps, incredible results.
From my kitchen to yours. ♥*

REMOVING EXCESS WATER

The Key to Proper Storage

Fresh, crisp sprouts begin with thorough drying.

After your final rinse, removing as much excess water as possible is essential. Too much moisture left behind can cause spoilage, unpleasant odors, and mold, shortening the storage life of your sprouts.

A few extra minutes now help your sprouts stay crisp, clean, and full of life so they are ready to enjoy for days.



→ WHY IT MATTERS: ←

Helps prevent trapped moisture and mold.

Keeps sprouts crisp, not soggy.

Maintains fresh flavor and nutrients.

Extends the life of your sprouts in the refrigerator.

→ HOW TO REMOVE EXCESS WATER: ←

1. DRAIN WELL



After the final rinse, drain completely. Give the colander a few gentle shakes, then let it sit for a minute to release more water.

2. GENTLE SHAKE



Hold the jar or colander and gently shake it several times. This helps release water trapped among the sprouts and near the bottom.

3. TOWEL DRY



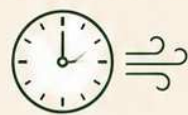
Spread the sprouts on a clean, absorbent paper towel. Fold the towel over the top and gently press down. Do not rub or roll.

4. LIFT AND REPEAT



Lift the towel, move the sprouts around, and blot again if needed. Use a fresh section of towel if it becomes wet.

5. AIR DRY BRIEFLY



Let the sprouts sit uncovered for 5 to 10 minutes so any remaining surface moisture can evaporate.

→ SPROUTS FROM MY KITCHEN ←



→ Mixed sprouts ←



→ Fine roots ←



→ Pea sprouts ←

→ GENTLE REMINDERS: ←

- ♥ Use clean paper towels each time.
- ♥ Press gently because sprouts are delicate.
- ♥ Do not skip this step. A quick dry now makes a big difference later.
- ♥ Well dried sprouts store beautifully and stay fresh longer.

→ YOU DID IT: ←

You have given your sprouts the best care from start to finish. Now they are clean, dry, and ready to be stored properly and enjoyed.

From my kitchen to yours.



When Sprouts Are Past Their Best

*Fresh sprouts nourish.
Aged sprouts don't.*

Even with the best care, every batch of sprouts has a window of freshness. Over time, the delicate balance that makes sprouts crisp, vibrant, and alive begins to change.

Knowing how to recognize the signs of aging helps you enjoy the best flavor, texture, and nutrition while keeping your kitchen experience safe and enjoyable.



Signs Your Sprouts Are Aging

- ♥ Roots and sprout bodies begin to brown or darken.
- ♥ Sprouts lose their crispness and feel soft or limp.
- ♥ They may look dull instead of bright and lively.
- ♥ A stronger, sour, or off smell may be noticeable.
- ♥ You may see more seed coats breaking down and sticking.
- ♥ Mold may appear. See page 12 for the difference between root hairs and mold.

SHOULD YOU EAT THEM?

♥ Still Looks and Smells Okay?

If your sprouts are simply more mature but still crisp, smell clean, and show no signs of mold, they may still be enjoyable. Appearance and smell alone cannot confirm safety.

Use your senses: sight, smell, and touch.



Tips to Keep Sprouts Fresher Longer

- ♥ Follow the rinsing and draining steps every day.
- ♥ Dry well after each rinse and before storing.
- ♥ Store in the refrigerator with a fresh paper towel.
- ♥ Use within the freshness window for each variety.
- ♥ Trust your senses.

♥ Better Safe Than Sorry

If your sprouts smell sour, look slimy, have fuzzy mold, or feel overly soft and wet, do not eat them.

*When in doubt,
throw it out.*

Your health is always more valuable than any batch of sprouts.



♥ What About Extra Rinsing?

A quick rinse will not rescue sprouts that are spoiled or sour.

No amount of rinsing can make them safe.

Fresh, clean, and crisp is what we are always aiming for.



A Little Awareness

The more you sprout, the better you will understand how each variety changes over time. You will learn the signs of peak freshness and the signs it is time to let go.

*That is how we keep it vibrant,
nourishing, and real.*

What Do I Do With All These Sprouts?

From jar to plate, the possibilities are fresh and endless.

Sprouts bring living nutrition, texture, and flavor to so many meals. They are crisp, light, and full of enzymes, minerals, and plant based goodness.

Use them fresh, use them often, and let them inspire your kitchen creativity every day.



Why Add Sprouts?

- ♥ They add life and vitality to every bite.
- ♥ Fresh sprouts are easy to digest.
- ♥ They bring crunch, color, and natural enzymes.
- ♥ They make simple food extraordinary.
- ♥ They are one of the easiest ways to boost your daily nutrition.

Sprouts Are Perfect For

- ✎ Salads: add crunch, freshness, and nutrients.
- ✎ Sandwiches and wraps: layer in for texture and life.
- ✎ Bowls: add them to grain bowls, Buddha bowls, and vegetable bowls.
- ✎ Soups: add at the end to keep them crisp.
- ✎ Smoothies: they blend in beautifully.
- ✎ Tacos and wraps: add a fresh, crunchy topping.
- ✎ Juices: blend a handful for extra nutrition.
- ✎ Snacks: enjoy them straight from the bowl.
- ✎ Garnishes: finish any dish with a sprinkle of sprouts.



ENDLESS WAYS TO ENJOY

Simple and Fresh



Toss into salads for instant crunch, color, and living nutrition.

Layer and Wrap



Add sprouts to wraps and sandwiches for extra texture and freshness.

Bowls of Goodness



Sprouts make every bowl more satisfying and beautiful.

Warm and Cozy



Add sprouts to soups just before serving for a fresh, vibrant touch.

Snack Time



Enjoy a small bowl of sprouts any time you need a nourishing boost.

Tips for Using Sprouts

- ♥ Add them at the end of cooking.
- ♥ Heat will destroy enzymes and soften them.
- ♥ Start small if you are new to sprouts.
- ♥ A little goes a long way.
- ♥ Mix different varieties for color, texture, and flavor.
- ♥ Rinse just before using and drain well.
- ♥ Keep them crisp and fresh.

Let Sprouts Inspire You

Every meal is an opportunity to nourish your body with something real, clean, and alive.

Your Sprout Pantry

- ♥ Always have a variety of sprouts in your refrigerator.
- ♥ Use within the freshness window for the best flavor and nutrition.
- ♥ Rotate often and enjoy the different textures and tastes.
- ♥ Fresh sprouts make simple food feel special.

From My Kitchen

Sprouts have always been more than something I grow in a jar. They become part of the food I create.

I love adding them to fresh salads, wraps, vegetable dishes and meals where their crisp texture and living freshness can shine.

Sometimes they are the star, and sometimes they are simply tucked underneath a dish, adding another layer of goodness.

After all these years, that is still one of my favorite things about sprouting. Something so small can bring so much life to the plate.

*From my kitchen
to yours. ♡*



Where My Sprouting Journey Began



The Heart Behind This Book

My journey with sprouting began 15 years ago because of my birds. I wanted to give them fresh, living foods that I could grow at home with love and confidence.

What began as a way to nourish them soon became an important part of my life and kitchen. They inspired me to learn, grow, and share this simple process with others.

This book began with them, and it was created with gratitude for the beautiful journey they inspired.

Love, Kelly ♥

Raw Gourmet La Vie



www.rawgourmetlavie.com

Kelly@rawgourmetlavie.com



From My *Kitchen to Yours*

Thank you for spending this time with me.

There is something very special about growing your own food and watching something so simple come to life. My hope is that this little book has given you the confidence to begin, experiment and discover what you enjoy growing most.

Take what you have learned, make it your own,
and most of all, enjoy the journey.

May your kitchen always be filled with
fresh food, creativity and a little bit of
magic growing in a jar.

Much gratitude,

Kelly ♥

Raw Gourmet La Vie



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kelly@rawgourmetlavie.com

Fresh food begins with a *simple* seed.



Sprouting Favorites brings together
the methods I have relied on in my own
kitchen for more than fifteen years.



Inside, you will discover how to:

- ♥ Choose seeds and simple supplies
- ♥ Soak, rinse and drain with confidence
- ♥ Understand healthy roots and warning signs
- ♥ Harvest, store and enjoy fresh sprouts



Whether this is your first jar or a return
to an old favorite, this guide makes
sprouting clear, approachable and rewarding.



Grow something fresh, nourishing
and full of life.



With gratitude,

Kelly

Raw Gourmet La Vie



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