



# How to Grow Broccoli Sprouts



Learn how to grow broccoli sprouts at home with just a few simple ingredients. Broccoli sprouts are nutritional powerhouses, rich in the antioxidant compound sulforaphane.

<b>Course</b>	Salad
<b>Cuisine</b>	American
<b>Prep Time</b>	5 minutes
<b>Total Time</b>	5 days 5 minutes
<b>Servings</b>	8
<b>Calories</b>	4 kcal
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## Ingredients

- Quart-sized Mason jar wide mouth
- Mesh sprouting lid wide mouth
- 2 tbsp organic broccoli sprout seeds specifically marked for sprouts
- Water
- Glass-lock container

## Instructions

Soak the broccoli seeds. Add two tablespoons of broccoli seeds to the Mason jar. Fill the jar halfway with water, and put the mesh lid on. Let the jar stand at room temperature for 8 hours or overnight. I do this before I go to bed.

After 8 hours, dump out the water. Place the jar into a glass-lock container (no lid) or bowl with the opening facing down and store in a dark cabinet.

Sprout the broccoli seeds: Two or three times a day, rinse your and drain the sprouts. I usually do this in the morning and before I go to bed.

To rinse: Fill the jar with fresh water, swirl it around, and drain the water out through the mesh lid. Place the jar back in the cabinet with the opening facing down.

By the 4th or 5th day, your sprouts will be long enough. You'll know it's time because they've pretty much filled up the jar.

Place the jar in a sunny windowsill for a couple hours, and the sprouts will develop a nice green color.

Store the broccoli sprouts: Be sure your sprouts are dry before you refrigerate them. I like to lay down a kitchen towel with some paper towel on top of that. Then, I remove the sprouts from the jar with clean hands and spread them out for an hour or so until they dry.

Store the sprouts in a covered glass-lock container or the Mason jar with a solid cover.

Refrigerate your sprouts for 2-3 days. If it's past three days, it's best to discard what's left.

*recipe found on:* <https://www.stephgaudreau.com/how-to-grow-broccoli-sprouts-at-home/>

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