

Sprouted Three Grain Mixture

Optimize your health, energy, and fitness!!!

This mixture provides complete protein with its complementary amino acid balance. Include this tasty and nutritious item in your diet.

You should mix 1-3 pounds of equal parts brown rice, lentils (usually just plain green lentils), and millet; it's best to use organically grown grains. Measure 1 cup of the mix and rinse well, several times until the water is clear. Place the grains in a 1 quart sprouting jar (just a quart jar with a strainer lid), add water to fill the quart, and soak for 24 hours on countertop. Okay so far?

After the 24 hours, now you need to drain off the water, rinse, add some more clear water and rinse again. Now drain off the water completely, and let the jar set for another 24 hours in a DARK cupboard. It is good to store your keys with your sprouting jar so you will remember to rinse daily.

Repeat this process, rinsing grains once or twice a day for 3 to 5 days, always storing in a dark cupboard. At this point, you should have grains that are sprouted and mostly filled the quart jar. This whole process is best done in a warm environment, i.e., room temperature.

To prepare, place all or a portion of the mix in a cooking pot, **or even better, a rice cooker**, add water, more or less at the level of the grains, and cover. Bring to a boil, then turn down to a simmer; do not stir. Just allow the water to simmer away; this will probably take about 10-20 minutes. It is best to let the outside of the grains slightly burn light brown. Remember - DO NOT STIR!! Note: approximately one cup of grain mixture will yield 2 to 4 portions.

Now the fun part, serving suggestions: You can use the sprouted grain mixture in place of rice or other grains. Good with steamed vegetables, poached eggs, cottage cheese, meat, and poultry.

The grain mix can be refrigerated and reheated up to 1 to 5 days after initial preparation.

This is a much more natural way to have carbohydrates than bread or pasta. We adapted to whole grains many generations before we began to eat flour products.

These whole grains are better nutrition and easier to digest. *Enjoy!!*