

How to use Cabot Health Sprouting Tray



STEP 1

- Place ½ to 1 cup of chosen legumes onto white grid tray. Chickpeas, lentils, cannelloni, navy beans etc. (Avoid red-coloured beans)
- 2/3 fill green tray with filtered water.
- Place white grid tray (with legumes) into green tray.
- Ensure legumes are just covered with water.
- Leave overnight or up to 18 hours for legumes to swell.

STEP 2

- Remove white grid tray from green tray and dispose of water.
- Rinse swollen legumes in white tray with filtered water.
- Add small amount of water to green tray. Keep it approximately ¼ full.
- Replace white grid tray in the green tray.
- Place unit on kitchen bench and cover with a clean tea towel or plastic dome-shaped cover to stop anything falling into the tray. (Not mandatory if you have a clean kitchen and air)

STEP 3

- Once sprouting has begun, only a small amount of water is needed in the green tray.

STEP 4

- Once sprouts are one centimeter or longer, they are ready to be eaten either as a snack or in a salad.

NOTE:

Wheatgrass from wheatgrass seeds can also be sprouted in this tray.

Wheatgrass is the fresh sprouted leaves of the wheat plant. When people hear wheat, they automatically think gluten. However, the actual grass itself does not contain gluten, which is only found in the seed kernels of the wheat plant, not in its grasses.

If the grass is cut at an appropriate time before it's allowed to grow seeds, it should be gluten-free. Unfortunately, there is a risk of cross-contamination when it comes to wheatgrass and there's always the unknown of when exactly it was cultivated.

Additionally, if you are allergic to wheat, you should also avoid wheatgrass entirely. If you have coeliac disease or non-coeliac gluten sensitivity, we recommend being cautious, asking questions and looking for certified gluten-free products when it comes to wheatgrass.