

## Sprouting Your Way to Vitality *Part 5 of a series*



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Besides their nutritional advantage that I've written about in the previous four articles in this series and on my website, sprouted seeds, beans and grains have several other sterling attributes that make them an ideal addition to your regular diet and a prime food source in times of need. Sprouts are...

**Economical:** One tablespoon of seeds, costing less than 50 cents, will fill a quart jar with several ounces of delicious, ready-to-eat sprouts. A 4-ounce package will yield several pounds. And this concentrated nutrition is alive—something that can't be said for most nutritional supplements that cost much more.

**Ecological:** Because they are such nutritional powerhouses, their food value is much higher than most other foods per unit of production cost. This conserves energy and saves processing, packaging and storage costs. And it also avoids "denaturing" and toxic build-up in the food itself.

**Toxin-Free:** Sprouts are as sweet and pure as Nature intended food to be. When completely natural and organic and sprouting with clean water, they can be free of toxic residue. *The Handy Pantry* offers only natural (non-hybrid, non-treated and microbial test), sprouting seeds with up to 99% rates of germination, grown especially for sprouting.

**Easy to Store:** Seeds do not have to be frozen or

preserved to keep them from spoiling. All they require is a few glass jars with airtight lids and a cool, dark storage area.

**Low in Calories/Fat:** Depending on protein content, one fully packed cup of sprouts contains only 16 to 70 calories. And these are simple sugars for quick energy. Sprouts contain no cholesterol and provide essential fatty acids. Several, such as alfalfa and red clover (my favorite), are sweet and satisfying to the taste buds and the body. It is almost impossible to overeate raw, live foods like sprouts. They are the

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**Tasty, Versatile and Fast to Grow:** This "garden in your hand" grows very fast in any weather with very little care. Most of them take less than a minute or two per day to grow and you can grow them year-round, nearly anywhere indoors without any weather worries. Bursting with flavor, you may be surprised how truly delectable they are and how you can use them in all kinds of recipes. Homegrown sprouts are much better than store-bought sprouts. Refer to my full-color recipe and nutrition book, **Recipes for Health Bliss: Using NatureFoods & Lifestyle Choices to Rejuvenate Your Body & Life**, for information on how to grow sprouts and incorporate them into recipes your entire family will enjoy.

perfect weight-loss and body-purification food for the decade and beyond.

Here are some of my favorite sprouting seeds, beans and grains. Please refer to my website for more detailed nutritional information on each one when sprouted. Alfalfa, Barley, Broccoli, Buckwheat, Chinese Cabbage, Fenugreek, Garbanzo, Green Pea, Lentil, Mung Bean, Radish, Red Clover and Red Winter Wheat Sprouts (I use this to grow wheatgrass and make wheatgrass juice).

I purchase my organic sprouting seeds and supplies from the *Handy Pantry Company*—the premier sprouting company in America with the best prices and products. Contact: [www.HandyPantry.com](http://www.HandyPantry.com) or 1-800-735-0630 MT for more information or to order seeds or sprouting kits.

**Seed Suggestions for Sprouting in February:** Garbanzo Bean, Chinese Cabbage, Mung Bean Sprouts.

When you subscribe to Susan's monthly newsletters on her website—**SusanSmithJones.com**, you will get lots of FREE information on how to look years younger, reduce stress and depression, boost vitality and energy, and live a more balanced, healthy life.

*Susan Smith Jones, PhD, is a world-renowned motivational speaker, holistic health consultant and author of 27 books, including Walking on Air, The Joy Factor and a full-color recipe book Recipes for Health Bliss. With each purchase of any of these books at 800-523-9971 ET, you'll get a free booklet of Susan's titled Nature's Medicine Chest. Visit: [www.SusanSmithJones.com](http://www.SusanSmithJones.com).*

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