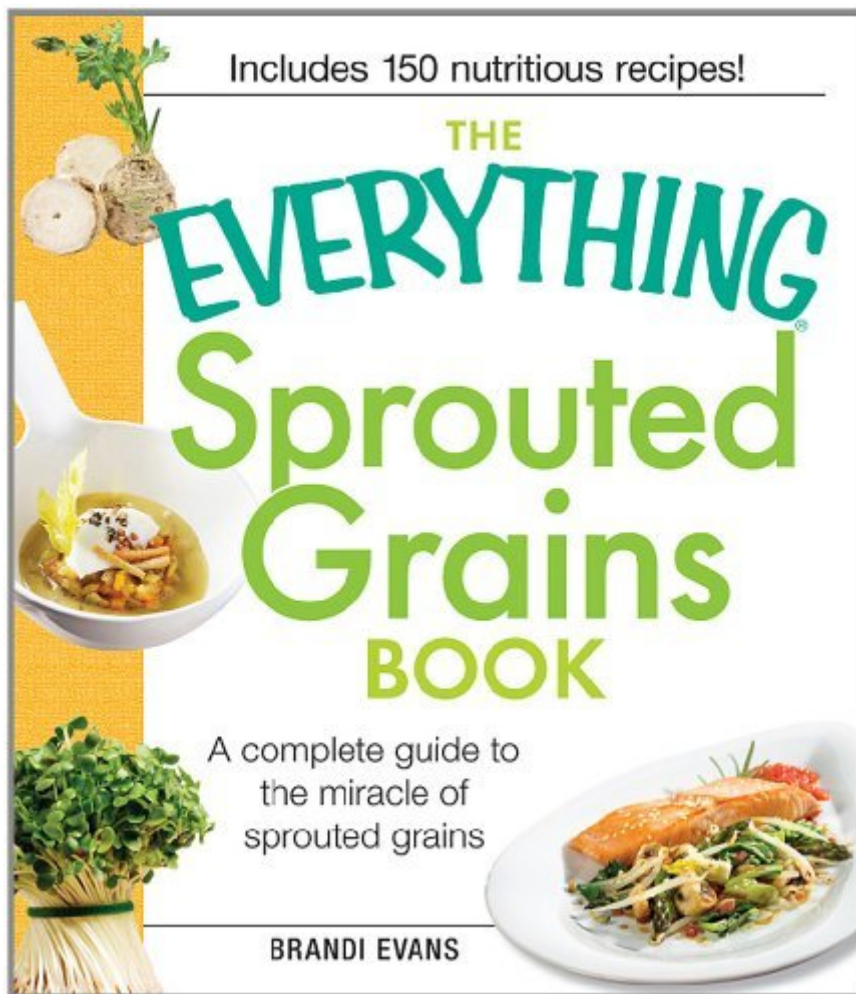


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# The Everything Sprouted Grains Book: A Complete Guide To The Miracle Of Sprouted Grains (Everything®)



## Synopsis

150 living-food recipes for a healthy lifestyle Sprouted grains are a powerhouse of nutrition. Sprouting activates food enzymes; increases vitamin content; and neutralizes "antinutrients," such as phytic acid, that can block the absorption of minerals. Sprouts are easier to digest, and research indicates that they can help lower your cholesterol, reduce your blood pressure, and control your blood-sugar levels. With sprouts and sprouted grain flours, you'll boost the nutrition and flavor of all your favorite recipes, including: Strawberry Almond Overnight Oats Mexican Quinoa Salad Honey Wheatberry Bread Ancho Chile Hummus The Everything® Sprouted Grains Book also includes step-by-step instructions for sprouting, dehydrating, and grinding flour at home. This complete guide provides everything you need to maximize your health and vitality by adding nutrient-rich living foods to your diet.

## Book Information

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## Customer Reviews

This book is a wonderful resource and will tell you exactly how to sprout your grains and seeds. But the best part is the recipes, telling you what to do with them after they are sprouted. I am a new sprouting person and the problem I had was knowing what to do after my beautiful grains and seeds

were sprouted. I had some waste because I was so much in the dark with what to do with the sprouts. I have other books on sprouting that includes a few recipes, but only specific grains and seeds. This book tells you what you can and cannot sprout and how long it takes for each to sprout. I would recommend this book for any new sprouting person. Another book I would recommend is *Rawmazing* by Susan Powers.

I'm really enjoying the book: it has guidelines for sprouting, making your own sprouted flour and, the best of all (at least for me, 'cause that was what I was looking for): 2/3 of the book are recipes (using sprouted oats, quinoa, barley, garbanzo beans, lentils, kamut, wheat, kamut and buckwheat)! Right now, I'm sprouting my garbanzo beans to make sweet potatoes + sprouted chickpeas falafels. I can't wait to try them. I'll update this if I find the recipes aren't as good as they seem.

I have recently started my journey of sprouting grains due to my husband's intolerance of flour. This book is amazing! I sat down and read it almost cover to cover and love the information on all the different grains, and all the recipes. This book is a winner for anyone interested in using sprouted grains!

This book has a lot of information on sprouting a number of grains. Just one of several that I was interested in was sunflower seed which it covers and better ways than I was using on others.

My granddaughter wrote that this was exactly the book she wanted. She home schools and will use it as a science lesson as well as for its nutritional information.

I read through this book the day I received it in the mail. The recipes are very easy to follow. I have made one recipe each day since I received my book and I have not been disappointed yet.

I haven't read much in this yet but I like the lay out and simplicity of how the information is presented. The more I read in this book, the more I want to get my sprouting going!

A big disappointment and includes few cautions about the dangers of sprouting. I highly recommend that anyone who is new to sprouting please do some research about the dangers of using bean-type sprouts, in particular, without cooking! This book is just basic instructions and then 3/4 of the book is actually just recipes (the majority of which I would not use due to added sugars, etc.). I

feel that I wasted my money on this one.

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