

The Master Sprouters!

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.]



ALFALFA

N Y C



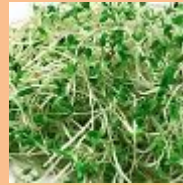
BEAN

N W C



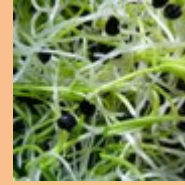
SUN FLOWER

N G C



BROCCOLI

P G C



ONION

P G C



RADISH

P G C



MUSTARD

P G S



BEET

S R S



WHEAT

N B S



FENUGREEK

B B S



RED MILLET

N R S



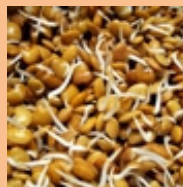
PEANUT

N B S



MUNG

S G S



HORSE GRAM

S B S



CHICKPEA

S B S



MOTH

S B S



ADZUKI

S B S



GREEN PEA

S G S

We would be delighted to share more details on using our sprouts. Do get in touch with us as you please:

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TASTE	COLOUR	TEXTURE
SWEET	YELLOW	SOFT
BITTER	WHITE	CRUNCHY
NUTTY	GREEN	
PUNGENT	BROWN	
	RED	

EAT RAW

ALFALFA,
BROCCOLI,
ONION, RADISH,
SUNFLOWER,
MUSTARD, BEET

STIR FRY / SEMI COOK

FENUGREEK,
WHEAT, BEAN,

COOKING / DEEP FRY

MUNG, HORSE GRAM,
CHICKPEA, ADZUKI,
GREEN PEA