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SPROUTS RECIPES

Asia-carrot salad

Ingredients (for 1 serving)

1 Portion of soy sprouts
1 Portion of carrots
(Oil from phase 3)
Salt, pepper, Curry powder
Cider vinegar
(Soy sauce from phase 3)

Preparation

1. Wash the soy sprouts. Wash carrots, peel and coarsely grate.
2. Heat a pan with a little water (oil from Phase 3) and fry the soy sprouts and grated carrots in it briefly. Season it with curry powder, salt, pepper, vinegar (and soy sauce from Phase 3).
3. Let cool and serve on a plate.

Tip: This is a complete meal, as the sprouts are the protein. Begin with some soy sprouts. For dessert, eat a fruit, an apple or pineapple.

Sprouts and cress dip

Ingredients (for 1 serving)

1 Portion sprouts (Alfalfa, radish sprouts, garden cress)
1 garlic clove
Cider vinegar
Salt, pepper and mustard powder

Preparation

1. Wash and chop the sprouts and put it in a bowl. Peel the garlic, press it and add it.
2. Mix a little bit of water with vinegar, mustard powder, salt and pepper and add this to the sprouts and cress.

Tip: This dip tastes especially delicious to artichokes. Therefore wash fresh artichokes, remove stems and cut the leaf. Cook it in salted and a splash of vinegar water for 25 to 35 minutes.



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Salad with sprouts

Ingredients (for 1 serving)

1 Portion vegetable (salad, ½ tomato, cucumber, bell pepper)
1 Portion sprouts
Salt, pepper
(Olive oil from phase 3)
Cider vinegar

Preparation

1. Wash and spin dry the lettuce. Tear the leaves.
2. Wash the vegetables. Cut tomatoes and cucumber into pieces. Wash the bell peppers, remove the seeds and cut it into cubes. Put all the vegetables and lettuce in a bowl.
3. Add the sprouts. Season the salad with salt, pepper, (oil from Phase 3) and a little vinegar.