

Variety

Flavours and Uses

Health Benefits

Alfalfa Sprouts

Mild and fragrant, Alfalfa Sprouts have a subtle flavour, reminiscent of green peas. They are ideal added to salads, wraps and sandwiches, and make a tasty topping for omelettes and scrambled eggs.

Referred to by the Arabs of old as the 'Father of all Foods' - Alfalfa Sprouts are widely believed to be one of the most complete and rich of all foods. Along with being one of the richest land-grown sources of trace minerals and elements, Alfalfa Sprouts contain every essential amino acid and are high in calcium, potassium, magnesium, iron and phosphorous. Combined with chlorophyll & other organic salts, these factors seem to balance the so-called salt system of the body & act as a natural diuretic. A daily dose of Alfalfa Sprouts could also be good for your heart. Several research studies have shown Alfalfa Sprouts to be effective at lowering LDL cholesterol and raising HDL cholesterol, which in turn could reduce the risk of a heart attack. Alfalfa Sprouts contain 3.7g of protein per 100g, 30mg of vitamin K and 14mg of Vitamin C.

Broccoli Sprouts

An intensely tasty sprout with a hint of pepper and radish – Broccoli Sprouts are particularly tasty with ham, cheese, tomatoes and eggs, and provide a delicious addition to baked and mashed potatoes

Containing concentrated amounts of a powerful chemo-protective compound called sulforaphane glucosinolate (SGS), broccoli sprouts are increasingly being recognised as one of the most potent food based anticarcinogens available. SGS is a naturally occurring plant compound found in broccoli and broccoli sprouts that, when broken down to its active form sulforaphane, acts as a long-lasting antioxidant that detoxifies carcinogens in the body. Three-day-old broccoli sprouts consistently contain up to 50 times the amount of sulforaphane found in mature broccoli heads, and may offer a simple dietary means of reducing cancer risk. Along with providing proven protection against cancer, a regular intake of sulforaphane in broccoli sprouts has also been shown to help prevent a range of other conditions including ulcers, arthritis, high blood pressure, cardiovascular disease and stroke.

Sprouted Beans & Legumes

Sprouted beans and legumes can be eaten raw as a snack, added to casseroles or soups to add flavour and crunch, or blended in the food processor to make pate, spreads or dip. They are also ideal for extending the use of meat in meatloaf or patties, and for adding an extra touch of texture to rice dishes and baked beans.

Most commonly available as a versatile Crunchy Bean Combo mix of Adzuki beans, Prussian Blue Peas, and Lentils - sprouted beans and legumes contain up to 26% protein. Most commercial crunchy bean mixes contain 9.7g of protein per 100g, 27g carbohydrate and, 22.6mg of vitamin C. They also contain Vitamin B1, iron, niacin, magnesium and zinc.

Mung Bean Sprouts

Versatile, tasty and convenient - Mung beans have been popular in Asia for thousands of years and are especially ideal for Asian dishes and stir-fries. Able to add texture and volume to a variety of dishes with minimal preparation time or waste, Mung beans are favoured by chefs for their refreshing taste and crunch. They are best eaten slightly cooked, and make a delicious addition to salads, omelettes, sandwiches, wraps, soups and numerous other cooked dishes.

Described by researchers as having a nutritional value similar to that of mushrooms and asparagus, Mung Bean Sprouts are a surprisingly superb source of nutrients and fibre. They contain the carbohydrate content of a melon, the thiamin of an avocado, the riboflavin of a dry apple, the niacin of a banana, and the ascorbic acid of a loganberry. Mung Bean Sprouts are also a good source of vitamin K, folate, copper and manganese.

Sango Sprouts

Able to add a touch of attitude to almost any meal – these brightly coloured hot and spicy radish sprouts are especially ideal for Mexican tacos and burritos, and are equally tasty in salads, wraps and sandwiches.

Sango (also known as radish) sprouts contain over 100 times more Anthocyanin than non-sprouted radish seeds and have been recently shown by a Japanese study to have almost twice the free radical scavenging potency of l-ascorbic acid. Along with being a particularly powerful plant antioxidant, Anthocyanin has known anti-inflammatory properties and is currently being studied for the protection it provides against heart disease and cancer. Research has also shown that Sango Sprouts may reduce the risk of night blindness and lower the levels of some types of cholesterol. They contain 3.8g of protein per 100g, and 29mg of vitamin C.

Snow Pea Shoots

Widely favoured as a gourmet garnish - Snow Pea Shoots give cooked dishes and meats an exotic and interesting appearance. Crunchy with a sweet fresh taste, these long white shoots are also delicious chopped up and added to soups, salads and stir-fries.

Snow Pea Shoots contain 27mg of vitamin C per 100g, 2g of dietary fibre and over 4g of protein.

