

	Stays fresh in refrig. (days)
Characteristics	
Easy to sprout. Pleasant, light taste.	10
Chewy bean texture. Can be eaten raw or steamed lightly.	10
Easy to sprout. Popular in oriental dishes. Sprouts begin to lose their crispness after 7 days of storage.	7
Sprouts taste just like the vegetable.	9
Difficult to sprout because they ferment easily. Need frequent, thorough rinses. Should be cooked before eating for optimum protein availability.	7
Good snacks, especially if lightly roasted. Become bitter if grown too long.	11
Simple to sprout. Very sweet taste.	9

Breakfasts

Buttermilk Rice Waffles *Makes 4 servings*

Serve with chopped fresh fruit and maple syrup.

1. Combine the flour and baking soda in a medium bowl.

2. Beat the egg in a small bowl. Melt the butter.

3. Combine the egg, butter, buttermilk, rice and honey with the dry ingredients, and stir together until combined.

4. Pour half the batter onto a four-waffle iron. When cooked, repeat with remaining batter.

1 cup whole wheat flour
2 teaspoons baking soda
1 egg
2 tablespoons butter
1¼ cups buttermilk
½ cup cooked brown rice
1 tablespoon honey

Preheat waffle iron

Cooked Rice Breakfast *Makes 2 servings*

1. Place the rice, milk and honey in a small saucepan.

2. Heat through, stirring occasionally, over low heat. Serve hot.

Variations: Serve cold, without heating the cooked rice, tossed with cubed fresh fruit. Add raisins or chopped dates to the rice while cooking. Substitute maple syrup or medium unsulfured molasses for the honey.

1 cup cooked brown rice
¾ cup milk
2 teaspoons honey

