

Spouted Lentil Salad

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This tasty and health raw lentil spouted salad is easy to make using a Easyspout container.

- Soak a cup of raw, organic, whole lentils in warm water for 8-12 hours (overnight) in the easyspouter.
- Drain water and prop the draining inner contain inside the water proof out container by rotating it.
- Leave on counter for 16-36 hours - the lentils will spout little roots!
- Optional - store in fridge for several days until needed
- Add chopped chives or green onions, lemon juice and olive oil
- Voula - a delicious and healthy salad!

Notes:

- For healthy eating make sure your seeds are organic otherwise you will be just concentrating pesticides in your spouts. Seeds for planting in the garden are not good - they are often coated in pesticides to protected them in the soil from bugs.
- If the seeds or nuts are not raw (ie alive) they won't grow (many nutes are roasted or boiled)
- Your local organic market (eg MOM or Coop) has bulk seeds and nuts or you can buy [online](#).

The [EasySpouter](#) costs about \$12 each and lasts for years - can spout any seeds or nuts. The thing I really like about this model is that unlike other spouting methods it does not require daily rinsing! You just "set and forget" it until the spouts are ready to eat.