

## SOJA - sprouts

Soy is a plant that belongs to the legume family. Soybeans are naturally rich in protein and fat. They are used to produce oil, unfermented foods (tofu and soy milk) and fermented foods such as soy sauce, natt and tempeh. The soybean contains components that are toxic to humans. Therefore, it should never be eaten raw.

Seeds soaking (hours)	Rinse / drain per day	Days to harvest	Yield (weight ratio)
2-12	2-3	2-6	2 : 1



Seeds



2 days



6 days

**Taste** A neutral taste that allows them to be added to any dish.

**Appearance** Beige round seeds.

**Nutrient** Their high protein content, excellent nutritional value and versatility make soy beans the food of choice in a healthy diet.

**Use** If you choose to germinate the soybeans, you will need to steam or blanch it at 40 ° before consuming it. Cook them and use them in soups, legume salads, stews and chilies.

**Note:** What is called "soybean sprout" is actually the growth of mung bean seeds (*Vigna radiata*). The nickname "green soybean" for *Vigna radiata* is confusing.