

CHICKPEA - sprouts and microgreens

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	2-4	10-14	2 : 1	1 : 1



Seeds



Sprouts / 2 days



Sprouts / 5 days

Taste Soft and enjoyable with a crunchy texture when raw and creamy after cooking.
Appearance Large seed, light beige in color.

Nutrient Excellent source of manganese, copper, phosphorus, iron, zinc, magnesium, potassium, selenium and molybdene (co-factor of many enzymes). Rich in vitamins: B1, B2, B6, B9 and E. The chickpea also contains parotids, carbohydrates and lipids.

Use Sprouted chickpea blends well in all types of salads and is the main ingredient for making the famous humus which requires light cooking (blanching or steaming).

Tip In soaking, the chickpea will double its volume, foresee a large container. After soaking, wash the seeds and group them in sprouter for 1 to 2 days. Ready to use once you see the small white sprout. After yielding wash well and drain.