
Raw Sprouts are the most nutritious of all raw food

Posted by hazephase - 2007/08/01 17:53

Sprouted foods have been part of the diet of many ancient races for thousand of years, today the Chinese retain their fame for delicious mung bean sprouts . Sprouts provide essential vitamins and minerals

Eatable grains , seeds and legumes can be sprouted

Grains: wheat , maize , ragi , baira and Barley

Seeds : Alfalfa seeds , radish seeds , fenugreek seeds

Legumes : Mung , Bengal gram , groundnut peas

Re:Raw Sprouts are the most nutritious of all raw food

Posted by James - 2007/09/05 08:18

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The Hunza people in the Pakistani part of the Himalayas lead on a sprouted seed enriched diet, and they are one of the longest living people in the world.

Re:Raw Sprouts are the most nutritious of all raw food

Posted by James - 2007/09/05 08:20

On the Hunza diet, I found this article in Wikipedia:

http://en.wikipedia.org/wiki/Hunza_diet

It is important in that it is one of the closest things to a raw food diet.

Also this hostile view:

<http://70.103.16.21/Quackerywatch/Young-Oils/totalhealth2004.html>

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Re:Raw Sprouts are the most nutritious of all raw f

Posted by sweetangel18 - 2007/10/29 22:34

ah... raw sprouts is delicious,it has many uses especially when you mixed it to shanghai vegetable.

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Re:Raw Sprouts are the most nutritious of all raw f

Posted by lilbit - 2008/07/14 08:45

I love to add bean sprouts to my salads. I`m not sure what the name of them are though. I also put them in my stir fry dishes.

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Re:Raw Sprouts are the most nutritious of all raw food

Posted by Johnson486 - 2012/01/18 16:19

That is really amazing and very informative post its totally awesome.

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