

Sprout Drink

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A scrumptious way to enjoy life-generating, cell renewing sprouts!

Equipment:

Blender

Ingredients:

1/3 cup alfalfa sprouts
1/4 cup raw sunflower seeds
1 cup pineapple chunks
1/4 cup water or pineapple juice
1 tsp vanilla extract
Honey or Agave to taste (I use 1 Tbsp)
3 or 4 ice cubes

Directions:

1. Blend the first six ingredients in a blender until smooth.
2. Add the ice cubes and blend for 30 seconds more.