

## SPRING INTO SPROUTS!

### *10 PhytoFit WFPB Recipes Featuring Fresh Sprouts*

#### Why Sprouts?

Sprouts are **living foods**—rich in antioxidants, vitamins, enzymes, fiber, and easy-to-digest plant protein. Add them to any meal for a boost of health, crunch, and flavor.

---



#### 1. Rainbow Sprout Power Bowl

A nutrient-dense bowl of quinoa, chickpeas, colorful veggies, and a big handful of broccoli or radish sprouts.

**Dressing:** Lemon + balsamic vinegar + garlic + water.

---



#### 2. Sprouted Hummus Veggie Rolls

Collard leaves or whole-grain wraps filled with hummus, cucumber, peppers, carrots, and sprouts. Roll tightly and slice.

---



#### 3. Lentil Soup with Sunflower Sprout Topper

Top warm lentil or vegetable soup with **sunflower** or **mung bean sprouts** for texture and extra vitamin E.

---



#### 4. Sweet Potato Sprout “Toast”

Use roasted sweet potato slices as “toast.” Add mashed avocado or white bean spread and top with tomato and sprouts.

---



#### 5. No-Oil Veggie & Grain Stir-In with Mung Sprouts

Water-sauté mushrooms, onions, and peppers. Add cooked brown rice. Remove from heat, then stir in mung bean sprouts, scallions, and a splash of low-sodium tamari.

---



#### 6. Sprouted Citrus Salad

Mixed greens, citrus wedges, sliced radish, white beans, and a mound of sprouts.

**Dressing:** Blended orange, Dijon, garlic, and nutritional yeast.



### 7. Sprouted Berry Parfait

Layer plant yogurt or tofu-vanilla cream with fresh berries and sprouts (broccoli or radish). Optional chia pudding layer.

---



### 8. Sprouted Guacamole

Mash avocados with tomatoes, onions, cilantro, lime, and **broccoli sprouts** mixed in and sprinkled on top.

---



### 9. Sprouted Stuffed Baked Potatoes

Stuff baked potatoes with steamed broccoli, oil-free white bean “cheese,” and a large handful of sprouts.

---



### 10. Sprouted Sushi Rolls

Roll sushi rice, avocado, cucumber, carrots, and sprouts in nori sheets. Slice and serve with low-sodium tamari.

---



### Quick Ways to Add Sprouts Daily

- Add to salads, bowls, or wraps
- Top soups, stews, or chili *after cooking*
- Pile onto sandwiches or potatoes
- Blend a handful into smoothies (mild sprouts only)
- Mix into dips (hummus, guacamole, bean spreads)