

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)