Characteristics refrig. (days) s Easy to sprout. 10 Pleasant, light taste. Chewy bean 10 texture. Can be eaten raw or steamed lightly. Easy to sprout. Poplar in oriental dishes. Sprouts begin to lose their crispness after 7 days of storage. Sprouts taste just like the vegetable. Difficult to sprout because they ferment easily. Need frequent, thorough rinses. Should be cooked before eating for optimum protein availability. Good snacks, 11 especially if lightly oasted. Become pitter if grown oo long.

Simple to sprout.

lery sweet taste.

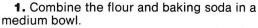
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Stays fresh in

Breakfasts

Buttermilk Rice Waffles Makes 4 servings

Serve with chopped fresh fruit and maple syrup.



- 2. Beat the egg in a small bowl. Melt the butter.
- **3.** Combine the egg, butter, buttermilk, rice and honey with the dry ingredients, and stir together until combined.
- **4.** Pour half the batter onto a fourwaffle iron. When cooked, repeat with remaining batter.
- 1 cup whole wheat flour
- 2 teaspoons baking soda
- 1 egg
- 2 tablespoons butter
- 11/4 cups buttermilk
- ½ cup cooked brown rice
- 1 tablespoon honey

Preheat waffle iron

Cooked Rice Breakfast

Makes 2 servings

- 1. Place the rice, milk and honey in a small saucepan.
- **2.** Heat through, stirring occasionally, over low heat. Serve hot.

Variations: Serve cold, without heating the cooked rice, tossed with cubed fresh fruit. Add raisins or chopped dates to the rice while cooking. Substitute maple syrup or medium unsulfured molasses for the honey.

- 1 cup cooked brown rice
- 34 cup milk
- 2 teaspoons honey

