



The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality by Ann Wigmore

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Written for everyone who is interested in good nutrition at a low cost -- and with great taste -- this highly practical and fully illustrated book provides readers with all the information necessary to start and maintain an indoor sprout garden. The book discusses a wide variety of sprouts and sprouting methods, explains the sprouts' importance in a healthy diet, and presents a wealth of simple and delicious recipes.

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