

How to germinate Chickpeas

How to Sprout Chickpeas:

Rinse your dry, uncooked chickpeas (garbanzo beans) under lukewarm water. Pour them into a **large glass jar** and cover with 2 to 3 inches of water. Cover the jar with **cheesecloth** bound by a rubber band.



Allow the chickpeas to soak for 24 hours in a dark spot (a cupboard or closet works perfectly). Strain the water and rinse the beans well.

Rinse the glass jar out well and place the chickpeas back in the jar, making sure the chickpeas are moist, but not overly drenched. Be sure they are not submerged in water, or else they won't sprout. Cover the jar again with cheesecloth bound by a rubber band and lay the jar on its side in a dark spot.

Rinse and drain the chickpeas 2 times each day, placing them back in the jar, until they sprout. This usually takes 2 to 3 days, but the warmer your house is, the quicker the beans will sprout.

If you'd like to make seedlings for growing in your garden, allow the grains to sprout for a few more days until small green leaves emerge.

Once your beans have sprouted, you can add them to all sorts of culinary creations.