

Joy's Broccoli Garbanzo Medley

Yield: 2 servings

2 C. Broccoli Flowerettes
1 C. Sprouted Garbanzo Beans
1/4 Ea. Red Onion, Diced
1/4 C. Carrot, Shredded
1/4 C. Sunchokes, Shredded (I substituted Jicama)
2 T. Extra Virgin Olive Oil
1 Tsp. Fresh Lemon Juice
1 T. Frontier Pizza Seasoning or Italian Seasoning
1 Clove Garlic, Pressed
Braggs Aminos, Dulse or Kelp Granules, or Sea Salt, To Taste (Optional)

To sprout garbanzo beans, soak for about 12 hours, and then allow to air dry in a sieve or sprouting bag for 2-3 days, rinsing with clean water twice per day. Use when the sprout tail is about 1/4 inch long.

In a bowl, combine all ingredients. Season to taste. Allow to marinate for at least 30 minutes before serving.

(Kitchen Techniques & Living Food Recipes/Chef Ken Blue-Hippocrates Health Institute)