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Dorling Kindersley Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Sprouted! is the perfect pocket introduction to a truly tasty trend. Fun to grow, tasty to eat, and bursting with nutrients, sprouts are an easy way to add a superfood boost to any dish. Sprouted! shows how simple it is to grow sprouted grains, beans, and seeds at home. Sprouting wakes up dormant seeds, turning them into little powerhouses of nutrition and energy. High in...

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