



## Mung Beans

My main reason for sprouting Mung Beans is for their benefit in revving up the body to produce Hyaluronic Acid aka HA. As we age our bodies produce less of HA resulting in joint pain, stiffness and aging skin. I feed it to my pets daily fresh or in powder form.

### *What is HA?*

HA is a naturally produced carbohydrate which is present in large amounts in spaced between skin cells. It provides moisture and plumpness for skin and acts as a cushion in the joints. It's partly responsible for the resilience of cartilage.

### *Let's Get Started*

#### *Eating them Fresh*

Mung beans can be purchased at most grocery stores in the Bean Isle or at the Bulk Barn or at a Natural Health Store.

#### *This is what you need:*

Jar or sprouting unit  
Mung Beans  
Water



1 cup mung beans

Cover them in water and soak overnight in a jar. A good 12 hour soak.

Next day strain them and you can keep them in the container you soaked them in.

Each day rinse and strain them to keep them moist.

In about 3 to 5 days you'll see little tails growing.

Now they're ready to eat. Put them in your favorite meals. You can keep rinsing and straining for longer as you eat them or to slow the growth put them in the fridge. And it's that simple.



## Dehydrating



This is a great way to have an abundance ahead of time without the worry of spoilage.

You will need a dehydrator and anyone usually will do. Some people use the oven however most ovens do not heat under 150°F which kills most of the nutrients.

I use the GOOD 4 U brand but there are neat low priced ones available for \$30 and up.

Once the beans are sprouted, spread them on the surface of the dehydrator.

Set the temperature between 130°F – 140°F for about 8-12 hours. Check them around 6 hours as they could be very close to being dehydrated.

Once they're completely dehydrated, put them in a sealed container or zip lock bag.

Now you can use them in a salad if you like the crunch and taste or they can be rehydrated by putting them in a liquidy recipe or water.



### *A Protein Powder*

Put the dehydrated beans in a blender. I use the Vita Mix as no job is too big for this unit. You can put the beans in the freezer first for about 15 minutes to keep them cool while pulverizing them to avoid

overheating. Otherwise keep checking the temperature.

The powder can be used in smoothies, soups, sprinkle over food, used in various baking recipes or just use your imagination.

This powder can be used instead of flour for making doggie treats.

It's such a fantastic Super food substitute!

Enjoy the kitchen science and keep visiting my site.



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