

# Sprouting Peas

## [SS12-100 - Protein Powerhouse Mix Sprouting Seeds](#)

2 to 4 days. Mixed. Open Pollinated. Protein Powerhouse Mix Sprouting Seeds. The plant produces excellent quality Garbanzo Sprouting Beans. Protein Powerhouse Mix includes four of the most protein-rich sprouting seeds, including the Adzuki, Garbanzo, Green Peas, and Mung Beans.

The sprouts are sweet, crisp, and crunchy, and have a nutty flavor. It is high in protein, fiber, iron, potassium, and essential

vitamins. It is also one of the best-tasting mixes available. Excellent in salads, soups, and other Asian dishes. A ½ cup of seed yields approximately 2 cups of sprouts. A variety from the USA.

