

# POTASSIUM BROTH & SPROUTING SEEDS

**Good for fasting, nourishment, cleansing, having an acute illness and good for when you feel weak or have a weak digestion, but want to add minerals for the body. It ups the potassium and pushes sodium out of the cell and helps cleanse.**

1 small turnip  
2 carrots  
3-4 stalks of celery  
1 bunch of parsley  
1 clove of garlic  
2 small leeks (or onions)  
1 1/2 lbs tomatoes (optional)  
1 lb potatoes  
1 pinch of cayenne pepper

## **Instructions**

Use organic vegetables only

Do not peel the vegetables, scrub, chop and put into the saucepan

Cover well with 3 and a half pints of clean water

Bring to boil, then reduce the heat and simmer for 2 hours

Strain the cooked vegetables and drink the liquid

Enjoy!

## SPROUTING SEEDS

You can try and sprout any seeds including, alfalfa, chickpeas, wheat, lentils, sunflower, pumpkin and barley seeds.

Good for pH levels, alkalising, doubles vitamin and mineral content, overall the nutritional content increases by 1200% when you sprout it. Amazing live food, has vitality and energy. Excellent source of B vitamins, chromium, and zinc. Put in salads, soups, and casseroles.