

Alfalfa Seeds Included

Organic

Grow Fresh Sprouts in 2 to 4 Days!

The Kitchen Seed Sprouter produces a variety of fresh, crispy sprouts in just a few easy steps:

- Pour seeds in the trays.
- Add water. The exclusive siphon action distributes just the right amount.
- Continue regular watering for 2 to 4 days.

os It really is that simple. &

The Kitchen Seed Sprouter is reusable, so you can grow nutritious sprouts year round!

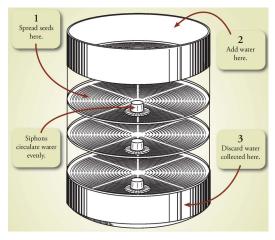
Seed Sprouter

VictorioKitchenProducts.com

VKP1013



3-Tray Kitchen Seed Sprouter Owners Manual



The Kitchen Seed Sprouter comes with one white water reservoir tray, three clear growing trays, one white base tray (collects excess water) and a storage lid.

Use your Kitchen Seed Sprouter several ways:

- Start the same type of seed in all trays to produce a large batch of sprouts all at one time.
- Start a different type of sprouting seed in each tray to produce a variety of sprouts.
- Start sprouting seed in a different tray every other day to produce a continuous supply of sprouts. Note: keep moving the tray with the most mature sprouts to the top to make "harvesting" more convenient.

To use:

- Wash all trays before use.
- 2. Set the white base tray on a level surface (base tray has a flat bottom with no siphon cap).
- 3. Set the first clear growing tray in place on the base. Be certain the tray sits securely within the groove in the base. Make sure the white siphon cap is in place on top of the water outlet tube and pressed on firmly down until the bottom of the siphon cap touches the tray.
- 4. Spread out the seeds evenly in the tray. (About 1/2 tablespoon will produce a tray full of sprouts.) The quantity of seeds used depends upon your individual requirements and the variety of sprouting seeds being used. Remember, that the seeds will expand tremendously when wetted and will occupy approximately four times their initial volume.
- 5. Stack additional growing trays and repeat seeding instructions (as needed).
- 6. Set white water reservoir tray on top of the seeded growing trays. The reservoir tray has a siphon cap identical to the clear growing tray. Make sure the siphon cap is in place on top of the water outlet tube and pressed firmly down (the same as in step 3)
- 7. Add 2-Cups of water (16-fl oz) to the white reservoir tray. The water from the top tray will flow down automatically from one tray to the next and collect in the white base tray. Remember to empty the base tray when the growing trays are completely drained or before the next watering. Repeat watering steps twice a day.
- 8. Do NOT put the Kitchen Seed Sprouter in direct sunlight. Most seeds germinate best at room temperature away from direct sunlight.

Depending upon the temperature and the trays of seeds being grown, the sprouts should be edible in 2-5 days. If fresh sprouts are not to be consumed the day they are picked, they can be kept for a few days in the refrigerator. Rinse sprouts well under running water before eating.

Some seeds may form fuzzy looking growth which resemble mildew. These are actually tiny roots growing on the sprouts and are a part of the sprout.

Occasionally some genuine mildew occurs. To correct the problem reducing the frequency of watering and placing the Kitchen Seed Sprouter in a cooler area.

As with anything used for preparation of food, your Kitchen Seed Sprouter should be cleaned thoroughly after each use. Use liquid dish washing soap and warm water, followed by rinsing with clean running water. Dry Kitchen Seed Sprouter thoroughly.

Your Kitchen Seed Sprouter trays are top rack dishwasher safe. Remove siphon caps before placing in dishwasher. Siphon caps are hand wash only. We recommend removing the Seed Sprouter components prior to the drying cycle. If the Seed Sprouter is in constant or frequent use and develops buildup due to hard water, it may be necessary when cleaning to soak the trays in a mixture of vinegar and water. When not in use store sprouter in a dark room. Never store the sprouter in direct sunlight.

Siphon Cap troubleshooting:

If a tray is not draining please follow these simple steps to correct the problem.

- 1. Press siphon cap firmly down to make sure it is properly seated with no seeds or sprouts directly under the cap.
- 2. Twist siphon cap clockwise 1/8 to 1/4 inch. Press cap firmly down when finished.
- Remove siphon cap and clean out any debris from inside the cap. Remove any seeds or sprouts from around water outlet tubes and then reinstall the siphon cap by pressing down firmly. Make sure that there is no seeds or sprouts directly under the cap when reinstalling.
- 4. If you are still having problems after following these steps please contact our customer service department. Contact information is located on the back of this manual.

Sprout Muffins

2 cups whole wheat flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 large egg, beaten
2 Tablespoons honey
1 cup whole milk
1/4 cup butter, melted and cooled
1 cup alfalfa sprouts (2 days sprouted)

Sift flour, baking powder and salt together. Separately mix egg, honey, milk and butter. Add sprouts to milk mixture, then pour into dry ingredients. Mix just until flour is moistened. Spoon into well greased muffin tins, filling the cups about two-thirds full. Bake at 400 degrees for 25 minutes. Makes 1 dozen.

Sprout Crepes

8 premade crepes 2 cups alfalfa 2 Tablespoons butter 1 medium onion, chopped fine 1 Tablespoon tomato puree 1 teaspoon paprika 2 hard cooked eggs, chopped Salt & Pepper 1/4 cup grated parmesan cheese

Melt butter in saucepan over low heat. Add onion, cook until soft. Stir in tomato puree & paprika. Simmer 2 minutes. Stir in eggs. Season with salt and pepper. Divide sprouts between crepes, spreading evenly. Top with egg mixture. Roll up and arrange in heat-proof pan. Sprinkle with parmesan. Place under broiler until lightly browned (2 minutes).

Using Sprouts

In addition to being nutritious, tasty and plain fun to eat, sprouts are one of the most versatile foods available.

- **Salads:** Blend sprouts with lettuce to boost the nutrition value of simple salads. Sprouts by themselves make a tasty side salad, or combine them with raw vegetables.
- Sandwiches: Dress up any sandwich with sprouts. "Thin" sprouts, such as alfalfa, broccoli, clover, etc., are ideal for cold meat and cheese sandwiches. For adding something extra to hot sandwiches, use larger sprouts, such as mung bean and lentil. Try sprouts instead of lettuce in tacos, burritos, pita sandwiches, and wraps. You'll love the taste and crunch.
- Soups: Use very young sprouts (1-2 days) as garnish for cream soups. Any of the sprouts are ideal—lentil, mung, ect. More delicate sprouts such as alfalfa, wheat, etc. should be used only in cold soups since they do not stand up to heat as well.

Product Warranty

Victorio Kitchen Products warrants this appliance from defects or failures in the material and work-manship for Two (2) years from the date of original purchase.

All warranty claims must be accompanied by a proof of purchase and are only valid if the appliance has been operated and maintained in conformity with the provided instruction manual.

Any failed part of the appliance will be repaired or replaced without charge at Victorio Kitchen Products' discretion. This warranty applies to household use only.

This warranty is null and void, as determined solely by Victorio Kitchen Products if the appliance is damaged through accident, misuse, abuse, negligence or if the appliance is altered in any way.

THIS WARRANTY IS IN LIEU OF IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABLITY, FITNESS FOR PARTICULAR PURPOSE, PERFORMANCE, OR OTHERWISE, WHICH ARE HEREBY EXCLUDED. IN NO EVENT SHALL VICTORIO KITCHEN PRODUCTS BE LIABLE FOR ANY DAMAGES, WHETHER DIRECT, INDIRECT, INCIDENTAL, FORSEABLE, CONSEQUENTIAL OR SPECIAL ARISING OUT OF OR IN CONNECTION WITH THIS APPLIANCE.

If you think this appliance has failed or requires service within its warranty period please contact:

Victorio Kitchen Products Customer Service Department

PHONE: 866-257-4741

or

E-MAIL: service@victoriokitchenproducts.com

Return shipping fees are non-refundable. A receipt proving original purchase date will be required for all warranty claims. Handwritten receipts are not accepted. Victorio Kitchen Products is not responsible for returns lost in transit.

