

# Sprouted Garbanzo



Chickpeas are usually well known for the plant-based protein provide. However, aside from their protein contents, they also provide beta-carotene as well as ascorbic acid (1). In a study, desi chickpeas were tested and germinated.

The study results show that after germination, the chickpeas had high increases in its value of beta-carotene and ascorbic acid (known as an important antioxidant) in comparison to the other selected legumes that were tested as well. The research detailed that those values increase steadily as the germination time increases (1).



NUTS grains LEGUMES anti-inflammatory  
germinationsoakRINSEdrainantioxidants  
HEART HEALTH fresh organicDIGESTIBLE  
delicious energy low calorie  
**Sprouted Seeds** appetizing satisfying  
SUPERFOOD bioavailableVERSATILE  
enzymesh hydratingweight loss skin food fiber  
affordablenaturalRAWSIMPLEabsorption  
NUTRITIOUS microgreens

## Reference

1. S.Santos, C.; Silva, B.; M.P.Valente, L.; Gruber, S.; W.Vasconcelos, M. The Effect of Sprouting in Lentil (Lens Culinaris) Nutritional and Microbiological Profile. Foods 2020, 9 (4), 400.