

Radish Sprouts

(Source: <https://markitonutrition.com>)

Radish is a root vegetable and ancient food crop that belongs to the same family as cabbage, broccoli and Brussels sprouts. Radish sprouts taste just like radish! And even though they are extremely low in calories, they are rich in beneficial nutrients- such as enzymes, antioxidants, protein, minerals and vitamins- and provide a sense of fullness after eating.

Radish and broccoli sprouts contain high amounts of antioxidants that have been shown to be effective against several forms of cancer.

We enjoy sprouting radish seeds together with [broccoli](#), [alfalfa](#) and [red clover](#)– all of which are included in our [salad mix](#).

Nutritional info:

Vitamins A, B, C, E, K

Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc

Amino Acids, Trace Elements, Carotene, Chlorophyll

Antioxidants

Protein: 30%

Traditionally Used for:

- Weight loss
- Energy
- Eyes
- Detox
- Cancer
- Digestion
- Liver & Gallbladder Function
- PMS

- Menopause