

## RED ADZUKI BEAN

Along with the mung bean, the Adzuki bean is among the easiest to digest. An excellent source of quality protein, a high level of nutrients with low-fat and low caloric content. Like most beans, the Adzuki is rich in soluble fibres. They add a nice texture and have a pronounced nutty taste.

Soaking ***	Germination ***	Sprout ***	Watering ***	Conservation ***
12 hours	4 days	6 days	2 times / day	6 days (fresh)



**Taste** Both of smooth and crunchy consistency, with the flavor of a white bean.

**Appearance** Nice and small round shaped bean. Short and white germ.

**Nutrient** Renowned for its high level of proteins, B1, B2, vitamins and iron, calcium and potassium.

**Use** The Adzuki bean is appreciated in salads and cereals to which they add a bit of crunch.

**Tip** Wash the beans and remove those that are broken or damaged. After harvesting rinse and drain well.