

Sweet City Micros

Recipe Booklet

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Microgreens are up 40x more nutrient dense by weight than their mature plant.

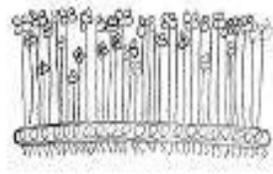
Broccoli micros have been proven to kill cancer cells.

Mustard and arugula micros are so high in iron, eating them regularly can be used to cure anemia.

Radish micros have 100-gram portion provided 147 milligrams—or 245% of the daily value—of vitamin C.

Adding Microgreens to Your Meal

① LIVING MICRO GREENS



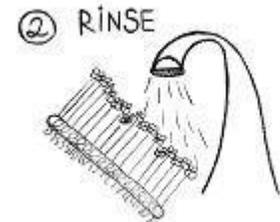
How to Store Your Micros

Make sure your microgreens are well hydrated. If the pad looks dry, your micros are dry.

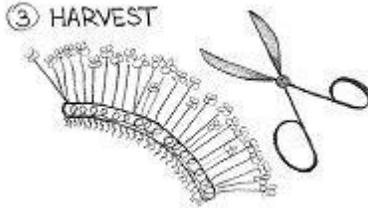
Set the pad of micros in a dish or cookie sheet and pour the water from the side (*NEVER on top) so the pad can soak up the water from the bottom.

Do I need to wash them?

We do not add pesticides or fertilizers to our microgreens. They are grown on a soil-less medium with non-GMO seeds, which have both been sterilized prior to planting. Washing is not required, but you may rinse the cut microgreens right before eating.



③ HARVEST



Harvesting the Micros

Cut above the root line. Eating the roots is not recommended as any questionable bacteria would most likely reside below the root line.

Do they grow back?

We have found letting the seed provide the nutrients for the microgreens results in a cleaner taste and a safer product. Once the seed has used all of its energy and nutrients to produce the first sprout, there is none left to continue growth. Since we do not add any adulterants, such as fertilizer, to our microgreens, they do not grow back once cut.

Dragonfruit Bowl

Suggested Micros: Red Garnet Amaranth

Suggested Micros: Red Garnet

- 1 packet frozen dragonfruit (where to [buy](#))
- 1 cup frozen mango
- 1/3 cup coconut water
- 2 tbsp. honey
- 1 handful mint leaves

Toppings

1 handful granola

1 handful fruit slices

extra micro amaranth

Directions

1. In a blender, blend all ingredients (except those reserved for toppings) until smooth.
2. Pour mixture into bowl, top with granola, extra fruit slices and red garnet amaranth



Fruit Smoothie

Suggested Micros: Red Garnet Amaranth, Broccoli, Chai, Kale, Radish
(spicy kick)

- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 cup blueberries
- 1/3 cup coconut water
- 2 tbsp. honey
- 1/2 cup coconut

Directions

1. In a blender, blend all ingredients (except those reserved for toppings) until smooth.

Omelet

Suggested Micros: Sunflower Shoots, Broccoli, Arugula, Kale, Leek, Pea Shoots

- 1 handful slice mushrooms
- ½ diced tomato
- 2 eggs
- 1 handful cheddar cheese
- 2 tbsp. water
- 1 tbsp. butter



Directions

1. Beat eggs, water, and salt
2. Heat butter in pan, coating its surface. Sautee diced tomatoes and mushrooms. Set aside.
3. Pour in egg mixture, coating surface of pan. As it begins to set up, add tomatoes, mushrooms, and cheese.
4. Right before folding omelet, add microgreens of choice. Fold and flip.
5. Garnish with microgreens of choice.

BMT (Bacon, Microgreens, Tomato) Sandwich

Suggested Micros: Sunflower Shoots, Broccoli, Arugula, Kale, Leek, Pea Shoots, Basil, Nasturtium, Radish, Cabbage, Mustard, Salad Mix

- 4 cooked bacon slices
- 2 tomato slices
- 4 avocado slices
- 2 bread slices, toasted
- 2 tbsp. mustard, mayo, aioli



Directions

1. Put your condiments on both sides of the bread.
2. Assemble the sandwich with bacon, micros, tomatoes, and avocado.

Chicken Noodle Soup

Suggested Micros: Broccoli, Arugula, Kale, Leek, Pea Shoots, Basil, Fennel, Radish, Cabbage, Mustard, Salad Mix

- 2 cloves garlic, minced
- 1 cup cooked chicken, shredded
- 2 bay leaves
- Salt/pepper
- 1 quart chicken broth
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1.5 cup noodles
- 1 diced onion

Directions

1. Add the broth, vegetables, seasonings, and chicken to a pot and simmer until vegetables are al dente.
2. Add noodles and simmer until noodles are al dente.
3. Ladle into bowl and top with microgreens

Micro Burger

Suggested Micros: Broccoli, Sunflower, Arugula, Kale, Leek, Pea Shoots, Amaranth, Fennel, Radish, Cabbage, Mustard, Salad Mix, Nasturtium

- 2 cloves garlic, minced
- 1 lb. ground beef
- Hamburger buns
- Marinade
- 1 tomato sliced
- 1 avocado sliced
- Cheese
- Olive oil



Directions

1. Marinade ground beef. Form into patties.
2. Heat pan with oil, cook patties for 8 minutes on medium high on each side.
3. Assemble burger with patty, tomato, cheese, avocado, and microgreens