

Fava Bean Sprouts:

Fava Beans (*Vicia faba*)

fava bean sprouts (worlds highest natural source of Dopa, a natural precursor to Dopamine)

Nutrition

The dried faba bean contains about 25% protein. The bulk of the seed is made up of carbohydrates (about 50%) and it has less than 2% oil. It also contains calcium and iron. Fresh faba beans are good dietary source of protein and in addition contain the vitamins riboflavin and vitamin.

Fava Bean Sprouts contain ten times more L-Dopa than un-sprouted beans. These beans have an age old reputation as a aphrodisiac.

Fava Beans are a natural source of Levodopa - prolongs "On" Periods in patients with Parkinson Disease.

The cultivation of fava beans is so old that there is no known wild form of this bean. It has been used in Chinese cooking for at least 5,000 years.

The fava bean, also known as faba bean, horse bean and broad bean, was the only bean known in Europe until the discovery of the New World.

Scientists have discovered that fresh fava beans help to fight Parkinson's disease.

Excellent source of folate and a good source of fiber

Best Uses

Lovely in soups and salads. Puree for tasty dips.

Source: <http://www.kitchengarden.co.za>