



microtown 

Changing the world one Microgreen at a time

Broccoli Health Shot!



Broccoli health shot! Delicious and good for you!
Broccoli microgreens are full of antioxidants, they have twice the Vitamin C of spinach (and as much as lemons)! They are also high in vitamin A.
And are great for your immune system!

What you'll need:



- 1/3 pot of broccoli microgreens
- Water
- Squeeze of Lime or Lemon

Let's do it:

1. Blitz or juice the microgreens and pour into a shot glass.
2. Top up with water.
3. Add the squeeze of lime or lemon!

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Microgreens grown
sustainably & locally
in Eltham