

# Nuts, Grains & Seeds

## Soaking & Sprouting

Brown nuts, grains and seeds are delicious and good for you and can be made even tastier, more nutritious and easier to digest by soaking, activating and/or sprouting them prior to eating.

[Scientific literature](#) shows germinated seeds possess a promising potential for essential nutrients, flavors, and textural attributes over non germinated grain. In recent decades, sprouting has also been investigated as a potential green food engineering technique to boost the nutritive profile of grains. Sprouting reactivates the grain metabolism which leads to the catabolism and degradation of anti-nutrient and macro-nutrient compounds. These modifications have an effect on human health and on the nutritional content of the foodstuffs. Sprouting grains have high bioactivity against diabetes and cancer. Germination is also an outstanding green food development technique to increase the seed nutritive profile in terms of quality.

Other resources: [Mumm's](#) and [The Sprout People](#)



### Sprouting Chart

ITEM	SOAK	RINSE	SPROUT	DEHYDRATE 115°F or 46°C
<b>Brown nuts</b>	12 hrs	Rinse very well	Only almonds will sprout; brown nuts become activated	24 hrs
<b>Buckwheat</b>	2 hrs	Rinse well until water runs clear	24 hrs	24 hrs
<b>Chia Seeds</b>	4 hrs	Do not rinse	Activates in the water	
<b>Chickpeas</b>	12 hrs	Rinse very well	24 hrs	24 hrs
<b>Flax Seeds</b>	4 hrs	Do not rinse	Activates in the water	
<b>Quinoa</b>	12 hrs	Rinse very well	Sprouts while soaking for 12hr	24 hrs
<b>Sunflower</b>	12 hrs	Rinse very well	Sprouts while soaking for 12hr	24 hrs
<b>White nuts</b>	Cashews are soaked to create the creamy consistency in desserts Do not soak Macadamia, the fat content creates the creamy texture			

### The benefits:

- ✓ Removes or reduces phytic acid, tannins & lectins
- ✓ Encourages the production of beneficial enzymes
- ✓ Breaks down gluten and makes digestion easier
- ✓ Allows proteins to be absorbed more readily
- ✓ Prevents mineral deficiencies and bone loss
- ✓ Helps to neutralize toxins in the colon and keep it clean

### Activating & Sprouting Steps

1. Use a clean, sanitized container (ideally glass).
2. Soak ½ cup of **raw** nuts, seeds, legumes or grains in 1 cup of filtered water.
3. Add ¼ tsp salt to 1 cup of nuts, seeds, legumes or grains.
4. Soak according to the '**Sprouting Chart**' above.
5. Drain and rinse very well until the water runs clear.
6. Spread nuts, seeds, legumes or grains on a dehydrator tray covered with a mesh, or into a container which allows the water to drain off. *Use glass or stainless steel for cleaner and safer results.*
7. **Sprouting only:** Sprouts taste best at a shorter length, around ½". Keep fresh in your fridge up to 8 days, or freeze.
7. **Dehydrating:** Dehydrate at maximum 115°F to keep enzymes alive (the good ones, that is!). *Dehydration reduces the water content, and provides crunch to the nuts, and enough dryness to make flour from the grains and legumes.*