

Soaking Nuts and Seeds

Benefits of soaking nuts and seeds include, neutralizes enzyme inhibitors and phytic acid, enhances nutrient availability and digestibility, enhances flavor and texture.

Basic Steps to Soaking
Place 4-6 cups water in a medium sized mixing bowl
Add in 1 Tbsp. sea salt and stir to dissolve
Measure out 2 cups of raw organic nuts or seeds
Place nuts or seeds in water, completely covered
Soak for recommended time
Dry for recommended time

Nut/Seed	Soaking Time
Almonds	8-12 hours
Brazil Nuts	8-12 hours
Hazel Nuts	6-8 hours
Macadamia Nuts	6-8 hours
Walnuts	6-8 hours
Pecans	6-8 hours
Pine Nuts	6-8 hours
Cashews	4-8 hours
Pumpkin Seeds	6-8 hours
Sunflower Seeds	6-8 hours
Sesame Seeds	2-4 hours
Chia/Flax Seeds	Not recommended
Hemp Hearts	Not recommended

Drying Types Time & Temperature
<p>Oven Drying: Check every couple of hours and continue until dry and crisp.</p> <p>6-12 hours</p> <p>105-150 degrees F</p>
<p>Dehydrator: See manufactures instructions.</p> <p>6-12 hours</p> <p>105-150 degrees F</p>