

How to Soak & Sprout Nuts, Seeds, Grains, & Beans

Nuts, seeds, grains, and beans are nutritional powerhouses. However, the natural agents that protect them from early germination can wreak havoc in our digestive system. Soaking and sprouting replicates germination, which activates and multiplies nutrients (particularly Vitamins A, B, and C), neutralizes enzyme inhibitors, and promotes the growth of vital digestive enzymes.

Soaking and sprouting is very easy. The method is exactly the same for nuts, seeds, grains, and beans—only the time required for full germination changes. (See the table below.)

Please note: Many “raw” nuts and seeds have been pasteurized and irradiated. Truly raw almonds and peanuts will sprout, but those that have been pasteurized and irradiated will “activate” with soaking, but will not physically “sprout.” However, soaking still removes anti-nutrients (compounds that can interfere with the absorption of nutrients), increases nutrient density, and makes the nuts more digestible.

HOW TO SOAK NUTS, SEEDS, GRAINS, AND BEANS

PLACE in a large glass bowl or mason jar, and cover with warm, filtered water (about a 2:1 ratio) and about $\frac{1}{2}$ tsp. Celtic sea salt. Cover with a light cloth for desired time.

RINSE food thoroughly and drain.

USE these activated “non sprouts” immediately to make plant-based “milks.” (Read my recent post on [How to Make Plant-Based “Milks.”](#)) You can also cook soaked and rinsed grains immediately, using them just as would un-sprouted grains in any of your favorite recipes or as a bed for vegetable dishes. Do note that most soaked grains only need a 1:1 water/broth ratio to be cooked through because they are already plumped with water.

OR

DEHYDRATE in a food dehydrator at no higher than 115° F for 12 to 24 hours, and store in sealed glass containers in the fridge. Beware: If nuts are not completely dry, they will develop mold.

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HOW TO SPROUT NUTS, SEEDS, GRAINS, AND BEANS

GET a quart-sized (or larger) mason jar. Remove the solid middle insert of the lid, and cut a piece of cheesecloth or breathable mesh to fit inside.

FILL one-third of the jar with nuts, seeds, grains, or beans, and fill the rest of the jar with warm, filtered water and about $\frac{1}{2}$ tsp Celtic sea salt. Screw the lid on with cheesecloth or breathable mesh screen in place.

SOAK For soaking times, see table below.

DRAIN/RINSE Remove the mesh insert of the lid, and replace with metal insert. Pour the soaking water out of the jar, fill with fresh water, replace lid, and rinse well by shaking jar. Replace the metal insert with the mesh lid again, and drain.

INVERT the jar and lay at an angle so that air can circulate, and the water can drain off. Allow to sit in the light.

REPEAT this process, rinsing every few hours, or at least twice daily.

WAIT In 1 to 4 days, the sprouts will be ready. Sprouts vary from 1/8-inch to 2-inches long. When ready, rinse sprouts well, drain, and store in a jar (with the solid part of the lid replaced) in the fridge.

ENJOY within 2 to 3 days. Sprouts are a fabulous nutrient-rich addition to raw salads, sandwiches, and wraps, and are also tasty in smoothies, soups, and stews.

FOOD	SOAKING TIME (hours)	SPROUTING TIME (days)
Almonds	8-12	No Sprouting (if pasteurized) 3 Days (if tr
Adzuki Beans	8-12	4
Amaranth	8	1-3
Barley	6	2
Black Beans	8-12	3
Brazil Nuts	3	No Sprouting
Buckwheat	6	2-3

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Cashews	2-4	No Sprouting
Chickpeas/Garbanzo	8	2-3
Flaxseeds	$\frac{1}{2}$	No Sprouting
Hazelnuts	8-12	No Sprouting
Kamut	7	2-3
Lentils	7	2-3
Macadamias	2	No Sprouting
Millet	5	12 hours
Mung Beans	8-12	4
Oat Groats	6	2-3
Pecans	6	No Sprouting
Pistachios	8	No Sprouting
Pumpkin Seeds	8	3
Radish Seeds	8-12	3-4
Sesame Seeds	8	2-3
Sunflower Seeds	8	12-24 hours
Quinoa	4	2-3
Walnuts	4	No Sprouting
Wheat Berries	7	3-4
Wild Rice	9	3-5

- Vegetarian Times