



SOAKING GUIDE

Soaking grains



Rice & Millet

- 2 cups of grains
- 2 cups warm H₂O
- 2 T acid*
- At room temp for 7 hours
- Drain, rinse, cook

Quinoa

- 2 cups of grains
- 6 cups H₂O
- 1 T acid*
- At room temp for 24 hours
- Drain, rinse, cook

All other grains

- 2 cups of grains
- 2 cups warm H₂O
- 2 T acid*
- At room temp for 12-24 hours

*Fresh lemon / lime juice or apple cider vinegar

Soaking nuts & seeds

- Place 4 cups of raw, shelled nuts into a large mixing bowl
- Cover with water and 1 T of Celtic Sea salt
- Soak (see table for soaking times)
- Drain and then place in dehydrator, or spread the nuts on a large baking sheet lined with unbleached paper and dehydrate them in oven under 150 degrees for 12 to 24 hours

Soaking legumes



Garbanzo, Black, Fava & Split Peas

- 2 cups covered with warm H2O
- 2 T acid*
- Soak at room temp 24 hours
- Drain, rinse and cook
- Avoid pressure cooker as high temp will denature protein

Kidney, Pinto, Navy & White

- 2 cups covered with warm H2O
- 2 pinches of baking soda
- Soak at room temp 18-24 hours
- Every 7 hours, drain and soak again with baking soda
- Drain, rinse and cook

Lentils

- 2 cups covered with warm H2O
- 2 T acid*
- Soak at room temp 7 hours
- Drain, rinse and cook

**Fresh lemon / lime juice or apple cider vinegar*

NAME	SOAKING TIME	SPROUTING TIME
Adzuki	8 hrs	3-5 days
Alfalfa	8 hrs	2-5 days
Almond	8-12 hr	12 hrs
Barley	6-8 hrs	2 days
Brazil nut	Do not soak	Does not sprout
Buckwheat	15 min	1-2 days
Cashew	2-2.5 hrs	Does not sprout
Chickpea	12 hrs	12 hrs
Corn	12 hrs	2-3 days
Fenugreek	8 hrs	3-5 days
Flax	8 hrs	Does not sprout
Hemp	Do not soak	Does not sprout
Kamut	7 hrs	2-3 days
Lentil	8 hrs	12 hrs
Macadamia	Do not soak	Does not sprout
Millet	8 hrs	2-3 days
Mung	1 day	2-5 days
Oats	6 hrs	2-3 days
Pecan	4-6 hrs	Does not sprout
Pepita	8 hrs	1-2 days
Pinenut	Do not soak	Does not sprout
Pistachio	Do not soak	Does not sprout
Quinoa	2 hrs	1-2 days
Rice	9 hrs	3-5 days
Sesame	8 hrs	1-2 days
Spelt & Rye	8 hrs	2-3 days
Sunflower	2 hrs	2-3 days
Walnut	4 hrs	Does not sprout
Wheat	7 hrs	2-3 days

Sprouting Grains-legumes- nuts-seeds

Step 1

- Soak your food
- Make sure H₂O is double the item being soaked
- Leave at room temp for specific time.
- Rinse and change H₂O halfway through soaking time if desired

Step 2

- Drain liquid, rinse, and fill back up with fresh water
- Drain liquid slowly at an angle to create a humid environment, you can use a mesh lid on a mason jar
- The goal is to keep kernels moist until they sprout a bud. They do this by being exposed to light and moisture

Step 3

- Repeat step 2 every few hours or at least twice a day

Step 4

- You'll have sprouted grains, nuts, beans or seeds in 1-4 days. See guide above for sprouting times