



## HOW TO SOAK SEEDS AND NUTS

### GENERAL GUIDELINES

- ❖ Store seeds and nuts in airtight bug-proof containers away from heat (stove) or cold (draft)
- ❖ Suitable seeds: sunflower, sesame, pumpkin, flax, quinoa
- ❖ Suitable nuts: almonds, cashews, walnuts, filberts/hazelnuts, pecans

### DIRECTIONS

Soak your seeds and nuts in filtered or spring water overnight – 12 hours ideal – in a covered glass or metal container. Cheesecloth makes a good cover.

In the morning, rinse the seeds/nuts several times to drain off the fluid containing the enzyme inhibitors

Let them dry on some surface like a wire strainer that will let air permeate. You might find that they stay moist, which is fine as long as you keep them in the refrigerator until you eat them. It is best to soak only the quantity of seed/nuts you will eat within 4 to 5 days, because soaking them makes them more alive and more susceptible to spoiling. If you can't eat them within that time, you could use a dehydrator to remove all the water; set it at 105 degrees (not higher because the good enzymes are sensitive to heat) for 18-24 hours.

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