

CHEAT SHEET SOAKING NUTS AND SEEDS

You guys know I'm not perfect when it comes to wholefoods but the pull to start soaking nuts, grains and seeds is getting stronger.

This is a cheatsheet on soaking nuts and seeds. Let's be honest, most of us do not eat soaked nuts and seeds - am I right? The process is quite simple but it seems to be put in the 'too hard basket'. Like so many things! So is soaking for you?

I don't eat a whole stack of nuts and seeds, but what I do eat are raw and organic when I can. Sometimes I can feel bloated after too many nuts. I found this list of questions that you could ask yourself to work out whether you might need to try to start soaking your nuts and seeds!

- Do you ever experience low belly pain after eating nuts, seeds or foods that contain them?
- Do you ever notice pieces of nuts in your stool the day after eating them?
- Do you eat a significant amount of phytate containing foods- such as grains, beans, nuts & seeds?
- Do you struggle to consume enough minerals and B-vitamins in your diet?

If you answered yes to any of the above questions, you will likely benefit from soaking and drying nuts prior to chomping on 'em. ([Source](#))

Once you've soaked, you usually need to dry the nuts and seeds back out again. You can use your oven to dehydrate, or purchase a dehydrator. If you want a dehydrator, then I've asked some of my fave wholefoodies and they seem to go for the Excalibur 9 tray or Sedona. (If you want to do some fun things with it - then check out [this blog post](#))

FOODMATTERS GIVE THESE LIST OF REASONS FOR SOAKING:

1. To remove or reduce phytic acid.
2. To remove or reduce tannins.
3. To neutralize the enzyme inhibitors.
4. To encourage the production of beneficial enzymes.
5. To increase the amounts of vitamins, especially B vitamins.
6. To break down gluten and make digestion easier.
7. To make the proteins more readily available for absorption.
8. To prevent mineral deficiencies and bone loss.
9. To help neutralize toxins in the colon and keep the colon clean.
10. To prevent many health diseases and conditions.

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And for further benefits to soaking read [this article](#).

HOW DO WE DO IT?

I've searched for a good graphic to give you the basics and this one is it! With thanks to [The Radiant Life Blog](#) I think this a perfect place to start.

A Radiant Life Guide

Soaking Nuts+Seeds



Benefits

- Increases enzyme action
- Enhances nutrient bioavailability
- Eases digestion

Basic Steps

1. Measure out 4 cups of raw, unsalted nuts/seeds
2. Cover with filtered water
3. Add sea salt
4. Leave to soak
5. Low-temp dehydrate in oven

Nut/Seed Variety	Tablespoons Sea Salt	Approx. Soak Time	Temp. & Time to Dehydrate
Pecans	2	7hrs +	<150°F, 12-24hrs
Walnuts	2	7hrs +	<150°F, 12-24hrs
Pumpkin Seeds	2	7hrs +	<150°F, 12 hrs
Pine Nuts	1	7hrs +	<150°F, 12-24hrs
Hazelnuts (skinless)	1	7hrs +	<150°F, 12-24hrs
Macadamias	1	7hrs +	<150°F, 12-24hrs
Almonds	1	7hrs +	<150°F, 12-24hrs
Cashews	1	<6hrs	≈225°F, 12-24hrs

*150F = approx 65C

*225F = approx 105C