

**Betty O'Brian, M.S., N.D.**

[www.bettysueobrian.com](http://www.bettysueobrian.com) or [betty.obrian@gmail.com](mailto:betty.obrian@gmail.com)

**Ocean Springs, MS 39564**

## **Sprouting**

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

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 compounds that can interfere with the absorption of nutrients and makes the nuts more digestible.

### **HOW TO SOAK NUTS, SEEDS, GRAINS, AND BEANS**

**PLACE** in a mason jar and cover with filtered water and about ½ tsp. Celtic sea salt. Cover with a light cloth for desired time. **RINSE** food thoroughly and drain. You can use these to make nut and seed milks.

Another option for these activated seeds is to **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.

### **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 ½ tsp Celtic sea salt. Screw the lid on with cheesecloth or breathable mesh screen in place.

**SOAK. 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. **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.

FOOD SOAKING TIME (hours) SPROUTING TIME (days)

Almonds	8-12	No Sprouting (if pasteurized) 3 Days (if truly raw)
Amaranth	8	1-3
Barley	6	2
Brazil Nuts	3	No Sprouting
Buckwheat	6	2-3
Cashews	2-4	No Sprouting
Chickpeas/Garbanzo	8	2-3
Flaxseeds	½	No Sprouting
Hazelnuts	8-12	No Sprouting
Lentils	7	2-3
Macadamias	2	No Sprouting
Millet	5	12 hours
Mung Beans	8-12	4
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 <sup>n</sup>