

Nutrition & Health Center

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HOW TO SOAK NUTS AND SEEDS

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, cashew, walnuts, filberts/hazelnuts, pecans

Directions

1. Soak your seeds and nuts in filtered or spring water overnight – 12 hours is ideal – in a covered glass or metal container. Cheesecloth makes a good cover.
2. In the morning, rinse the seeds and nuts several times to drain off the fluid containing the enzyme inhibitors.
3. 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 seeds and nuts you will eat within 4 to 5 days, because soaking 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 F (not more because the good enzymes are sensitive to too much heat) for 18-24 hours.