

## SOAKING & FERMENTING GRAINS, LEGUMES, NUTS, SEEDS, & FLOURS

FOOD	AMOUNT	INSTRUCTIONS	SOAKING TIME	NOTS
Raw Organic Nuts	2 cups	1 Tb. of Sea salt & enough water to cover nuts	Depending on room temperature, 6 - 12 hours.	Drain & rinse. Because soaked nuts can mold, I suggest using a Food Dehydrator to dry.
Raw Organic Seeds	1 cup	1 Tb. of Sea salt & enough water to cover nuts	Depending on room temperature, 6 - 12 hours.	Drain & rinse. Because soaked seeds can mold, I suggest using a Food Dehydrator to dry.
Whole Organic Grains, such as Oats, Kamut, Spelt, Rye, & Barley	1 cup	2 Tb. Yogurt, Whey, Lemon, Vinegar, or Kefir & 1 cup of warm water	Depending on room temperature, 12 - 24 hours.	Rinse first. Then soak. Cook using the soaking water
Rice	1 cup	2 Tb. Yogurt, Whey, Lemon, or Vinegar or Kefir & 2 cup of warm water	Depending on room temperature, 6 - 12 hours.	Rinse first. Then soak. Cook using the soaking water
Legumes	2 cups	Enough Water to cover beans	Depending on room temperature, 12 - 48 hours.	Rinse first & rinse off the foam, every 12 hours. Perform final rinse prior to cooking.
Flours	Recipe Amount	Exchange the liquid in the recipe for cultured milk, cultured buttermilk, cultured cream, yogurt, kefir, whey, vinegar, or Lemon	Depending on room temperature, 6 - 12 hours.	Remember to adjust your recipe to take into account the soaking liquid amount.