

Soaking and Sprouting Seeds, Grains or Legumes by Claudia - - - [www.healthypreparedness.blogspot.com](http://www.healthypreparedness.blogspot.com)

<u>Seed, Grain or Legume</u>	<u>Amount to Yield About 4 Cups</u>	<u>Soaking Time</u>	<u>Sprouting Time</u>
Adzuki Beans	1 cup	12 hours	3-5 days
Alfalfa	2 Tablespoons	6 hours	5-6 days
Amaranth	1 cup	8 hours	1-3 days
Barley	1 cup	6-8 hours	2 days
Buckwheat	1 cup	6 hours	2-3 days
Chickpeas (garbanzo)	1 cup	12 hours	3-5 days
Kamut	1 cup	6-8 hours	2 days
Lentils	½ cup	8 hours	3 days
Millet	1 cup	5 hours	12 hours
Mustard Seeds	¼ cup	6 hours	5-6 days
Mung Beans	½ cup	8 hours	2-4 days
Pumpkin Seeds	2 cups	8 hours	3 days
Quinoa	½ cup	4 hours	2-3 days
Radish	¼ cup	6 hours	5-6 days
Rye	1 cup	12 hours	3 days
Red Clover	2 Tablespoons	6 hours	5-6 days
Spelt	1 cup	6-8 hours	2 days
Sunflower Seeds	2 cups	12 hours	2 days
Soybeans	1 cup	12 hours	3-5 days
Wheat	1 cup	6-8 hours	2 days
Wild Rice	1 cup	9 hours	3-5 days

**HOW TO SOAK NUTS, SEEDS, GRAINS, AND BEANS (when they are soaked they are more easily digestible and offer more nutrition)**

**PLACE** in a large glass bowl or mason jar, and cover with warm, filtered water (about a 2:1 ratio) and about ½ tsp. Celtic sea salt (optional). Cover with a light cloth for desired time.

**RINSE** food thoroughly and drain.

You can also cook soaked (and rinsed) grains immediately, using them just as you would un-sprouted grains in any of your favorite recipes or as a bed for vegetable dishes. Do note that most soaked grains only need a 1:1 water/broth ratio to be cooked through because they are already plumped with water.

**HOW TO SPROUT NUTS, SEEDS, GRAINS, AND BEANS (when sprouted they are completely digestible and have much more nutrition)**

**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** jar with specified amounts with nuts, seeds, grains, or beans, and fill the rest of the jar with warm, filtered water and about ½ tsp Celtic sea salt (optional). Screw the lid on with cheesecloth or breathable mesh screen in place.

**SOAK** For soaking times, see table.

**DRAIN/RINSE** Remove the metal insert of the lid, and replace with mesh insert (stocking or material like chiffon would work). Screw lid back on over the material. Pour the soaking water out of the jar, fill with fresh water, shake jar a bit and pour that water out as well.

**INVERT** the jar and lay at an angle so that air can circulate, and the water can drain off. If possible, allow to sit in the light.

**REPEAT** this process rinsing 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.

**ENJOY** within 2 to 3 days. Sprouts are a fabulous nutrient-rich addition to raw salads, sandwiches, and wraps, and are also tasty in smoothies, soups, and stews.