

Soaking Nuts, Seeds, Grains, and Legumes

	Amount	Soaking Medium	Soaking Time	Preparation Notes
All Nuts (raw)	2 cups	1 Tb. Salt + enough water to cover nuts	12-24 hrs.	Drain & rinse.
All Seeds (raw)	2 cups	1 Tb. Salt + enough water to cover seeds	12-24 hrs.	Drain & rinse.
Oats, Kamut, Spelt, Rye, Amaranth (rolled/ground/cracked)	1 cup	1 cup warm water + 2 Tb. Whey/Yogurt/Kefir/Buttermilk	7-24 hrs.	
Rice	1 cup	2 cups warm water + 2 Tb. Whey/Yogurt/Kefir/Buttermilk	At least 7 hrs.	
Spelt/Kamut/Whole Wheat/Rye Flour	3 cups	2 cups Buttermilk/Kefir/Yogurt	12-24 hrs.	
Black Beans, Chickpeas	1 cup	1Tb. Whey/Lemon Juice + enough water to cover beans	12-24 hrs.	Drain & rinse before cooking. Pick skins off of chickpeas before cooking.
All other Legumes	1 cup	Pinch of aluminum-free baking soda + enough water to cover beans	12-24 hrs.	Drain & rinse before cooking.