SOAKING & SPROUTING times

💧 SOAKING TIME	🍃 SPROUTING TIME

NUTS

		SOAKING	SPROUTING
ALL (but peanuts) 1 cup = 1 ¾ cups (soak in cool water, will store 3 weeks in fridge in water)		💧 12 hours	🍃 0 hours

SEEDS

		SOAKING	SPROUTING
SUNFLOWER (hulled) 1 cup = 2 cups [soak in cool water, store dry in fridge]		💧 4 hours	🍃 12-24 hours
PUMPKIN (hulled) 1 cup = 1 ¾ cups [soak in cool water, store dry in fridge]		💧 4 hours	🍃 12-24 hours
SESAME (hulled) 1 cup = 1 ½ cups [soak in cool water, do not sprout longer they'll be bitter]		💧 4 hours	🍃 6-12 hours
BUCKWHEAT (hulled) 1 cup = 1 ¾ cups [soak in cool water, do not sprout longer they'll be bitter]		💧 1-4 hours	🍃 12-24 hours

BEANS & LEGUMES

		SOAKING	SPROUTING
LENTILS ½ cup = 2 cups [soak in very warm water to convert starches to complex sugars]		💧 12 hours	🍃 3 days
CHICKPEAS (garbanzo) ½ cup = 2 cups [soak in very warm water initially, complete protein]		💧 12 hours	🍃 3 days
ADZUKI ½ cup = 4 cups [soak in very warm water initially]		💧 12 hours	🍃 4 days
MUNG ½ cup = 4 cups [soak in very warm water initially]		💧 12 hours	🍃 3 days
LIMA/PINTO/WHITE/RED ½ cup = 2 cups [soak in very warm water initially]		💧 12 hours	🍃 3 days
GREEN PEAS ½ cup = 1 ½ cups [soak in very warm water initially]		💧 12 hours	🍃 3 days

GRAINS

		SOAKING	SPROUTING
WHEAT/KAMUT 1 cup = 3 cups [soak in very warm water initially]		💧 6 hours	🍃 2 days
SPELT 1 cup = 3 cups [soak in very warm water initially]		💧 6 hours	🍃 2 days
RYE 1 cup = 3 cups [soak in very warm water initially]		💧 6 hours	🍃 2 days
BARLEY 1 cup = 2 ½ cups [soak in very warm water initially - doesn't sprout]		💧 6 hours	🍃 12 hours
CORN ½ cup = 2 cups [soak in very warm water initially]		💧 12 hours	🍃 2 days

ALKALIZING GRAINS

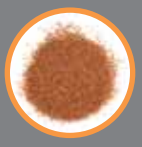|		SOAKING	SPROUTING
QUINOA 1 cup = 3 cups [soak in very warm water initially, most calcium]		💧 3-6 hours	🍃 24 hours
MILLET 1 cup = 3 cups [soak in very warm water initially, most alkalizing of grains]		💧 6 hours	🍃 12 hours
AMARANTH 1 cup = 3 cups [soak in very warm water initially]		💧 3-6 hours	🍃 24 hours
TEFF 1 cup = 3 cups [soak in very warm water initially]		💧 3-6 hours	🍃 24 hours