

SOAKING & SPROUTING times

SOAKING TIMES

SPROUTING TIMES

NUTS & SEEDS

ALL (avoid peanuts) 1 cup = 1 ¾ cup



12 hours



N/A

ALMONDS 1 cup = 1 ¾ cup



12 hours



1-2 days

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 cup
(soak in cool water, store dry in fridge)



4 hours



12-24 hours

SESAME (hulled) 1 cup = 1 ½ cup
(soak in cool water, do not sprout longer they'll be bitter)



4 hours



6-12 hours

BUCKWHEAT (hulled) 1 cup = 1 ¾ cup
(soak in cool water, do not sprout longer they'll be bitter)



1-4 hours



12-24 hours

BEANS & LEGUMES

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

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

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