

The Benefits of Soaking Grains, Legumes, Nuts and Seeds

Why Soak?

All plant seeds have been designed by nature to protect themselves and survive until the right conditions are present for germination and growth, and it is that protection mechanism that can hurt us, if we do not properly prepare them for consumption.

Grains, legumes, nuts and seeds contain nutritional inhibitors and toxic substances called phytates, polyphenols, and goitrogens. They are enzyme inhibitors, which means that they work against our own enzymes and prevent them from doing their job in metabolism and digestion.

When our enzymes are affected in this way, we are not able to absorb all the nutrients from the grain, seed, legume or nut and instead are being robbed of them in our bodies, which could lead to serious nutrient deficiencies and illness.

There are numerous benefits of soaking. It neutralizes the enzyme inhibitors and helps prevent many diseases and health conditions. By soaking our legumes, nuts, seeds and grains first, we increase the amounts of vitamins in that food, encourage the production of beneficial enzymes, break down gluten for easier digestion, make proteins and minerals more readily available for absorption. Soaking unlocks all the nutrients we want to get.

General Rules for Soaking

- soak in a glass container with a cover at room temperature
- try to do all the soaking overnight, so that it's ready the next day for cooking or eating
- after you're done soaking, rinse whatever you soaked in a fine mesh under running water
- discard soaking water, as it contains all the toxic enzyme inhibitors



How to Soak?



Nuts - use raw organic nuts whenever possible. You can soak nuts in salt water or a warm water mixed with something acidic, such as whey, lemon juice or apple cider vinegar. Soak softer nuts for about 3-4 hours and harder nuts for about 7-12 hours. The nuts can be consumed wet, or can be dried in a dehydrator or oven at the lowest possible temperature to remove all the moisture for better storage.



Grains and Seeds - soaking process is very similar to nuts. For every warm cup of water add one teaspoon of lemon juice, apple cider vinegar or whey and let sit in a covered glass jar overnight. Make sure to cover the seeds well with water and have more water above the seeds, so that there is enough room to expand as it soaks. Soak for at least 9 hours.



Legumes - should be soaked in a warm acidic water for at least 12 hours before cooking. Soaking makes for faster cooking time and makes legumes more digestible, because it releases the gas causing enzymes and trisaccharides into the soaking water.