



Crispy Nuts

Nuts and seeds are tasty, nutritious additions to your diet. Soaking reduces phytic acid and enzyme inhibitors, easing digestion and boosting nutrient absorption.

Ingredients

- Raw, organic nuts or seeds (e.g., almonds, walnuts, sunflower seeds)
- Quality sea salt (1 Tbsp per 4 cups nuts/seeds)
- Warm water (enough to cover)

Directions

1. Dissolve 1 Tbsp salt in warm water.
2. Pour over nuts/seeds, fully covering.
3. Soak in a warm place for the specified time (see below).
4. Drain and rinse in a colander; spread on a stainless steel pan.
5. Dry in oven (150°F max), turning occasionally, 12-24 hours, until crisp.
Or use a dehydrator.
6. Ensure complete dryness to prevent mold and keep crispy texture.

Soaking Times

- Macadamia: 4 hrs
- Walnuts, pine nuts, broccoli seeds, pecans, hazelnuts: 8 hrs
- Flax seeds: 6 hrs
- Almonds, alfalfa seeds: 12 hrs
- Cashew nuts: 6 hrs
- Garbanzo beans: 12-48 hrs
- Pumpkin seeds: 7 hrs

Tips

- Salt removes tannins and dust.
- Don't reuse soaking water—it may contain harmful substances.
- Soaking eases peel removal.
- For over 8-hour soaks, re-wash and change saltwater every 8 hours.
- Bulk prepare "crispy nuts" and store in freezer for quick use.

