



## **STEP-BY-STEP SOAKING GUIDE**

### **WHY SOAK YOUR GRAINS, NUTS, AND LEGUMES?**

**SOAKING IS A TRADITIONAL  
PREPARATION METHOD THAT:**

- **REDUCES ANTI-NUTRIENTS  
LIKE PHYTIC ACID.**
- **ENHANCES NUTRIENT  
ABSORPTION AND  
DIGESTIBILITY.**
- **IMPROVES TEXTURE AND  
FLAVOR.**
- **SHORTENS COOKING TIME.**



## **BENEFITS OF SOAKING**

- 1. BOOSTS NUTRIENT BIOAVAILABILITY.**
- 2. DECREASES BLOATING AND DIGESTIVE DISCOMFORT.**
- 3. ACTIVATES BENEFICIAL ENZYMES.**
- 4. MAKES FOOD EASIER TO COOK.**



## WHAT YOU'LL NEED

- WHOLE, RAW GRAINS, LEGUMES, OR NUTS.
- A LARGE GLASS BOWL OR JAR.
- FILTERED WATER.
- AN ACIDIC MEDIUM (E.G., LEMON JUICE, APPLE CIDER VINEGAR, OR YOGURT).

# STEP-BY-STEP SOAKING INSTRUCTIONS

## **STEP 1: CHOOSE YOUR INGREDIENTS**

- USE RAW, UNTREATED GRAINS, LEGUMES, OR NUTS.
- AVOID PRE-ROASTED OR SALTED OPTIONS.
- RINSE THOROUGHLY UNDER COLD WATER.

## **STEP 2: ADD WATER AND ACID**

- PLACE YOUR INGREDIENTS IN A BOWL OR JAR.
- COVER WITH ENOUGH WATER TO SUBMERGE COMPLETELY (ABOUT 3-4 TIMES THE VOLUME OF THE FOOD).
- ADD 1 TABLESPOON OF AN ACIDIC MEDIUM PER CUP OF WATER.

### **STEP 3: SOAKING TIMES**

- GRAINS (E.G., OATS, RICE, QUINOA): 8-12 HOURS.
- LEGUMES (E.G., CHICKPEAS, LENTILS): 8-24 HOURS.
- NUTS (E.G., ALMONDS, CASHEWS): 6-12 HOURS.

### **STEP 4: DRAIN AND RINSE**

- AFTER SOAKING, DRAIN THE WATER AND DISCARD IT.
- RINSE YOUR GRAINS, LEGUMES, OR NUTS THOROUGHLY WITH FRESH WATER.

### **STEP 5: COOK OR STORE**

- FOR GRAINS AND LEGUMES: PROCEED TO COOK AS DESIRED. COOKING TIMES ARE TYPICALLY SHORTER AFTER SOAKING.
- FOR NUTS: DRY THEM COMPLETELY BEFORE STORING IN AN AIRTIGHT CONTAINER OR ROASTING FOR ADDED FLAVOR.

## **PRO TIPS FOR SOAKING**

- **USE WARM WATER:** SPEEDS UP THE SOAKING PROCESS.
- **RINSE MULTIPLE TIMES:** REDUCES ANY LINGERING BITTERNESS.
- **AVOID METAL BOWLS:** USE GLASS OR CERAMIC TO PRESERVE FOOD QUALITY.
- **DON'T SKIP THE ACIDIC MEDIUM:** IT BREAKS DOWN ANTI-NUTRIENTS EFFECTIVELY.

## **COMMON SOAKING CHALLENGES**

### **FOAMY WATER:**

- THIS IS NORMAL AND CAUSED BY THE RELEASE OF ANTI-NUTRIENTS. RINSE THOROUGHLY.
- UNPLEASANT SMELL: CAUSED BY OVER-SOAKING OR POOR RINSING. AVOID SOAKING FOR LONGER THAN RECOMMENDED.
- SOFT OR MUSHY TEXTURE: ADJUST THE SOAKING TIME AND CHECK REGULARLY.

## Soaking Times at a Glance

<b>Food Type</b>	<b>Soaking Time</b>
Oats (rolled)	6-8 hours
Quinoa	8 hours
Brown Rice	12 hours
Lentils	8-12 hours
Chickpeas	12-24 hours
Almonds	8-12 hours
Cashews	6-8 hours