

STEP-BY-STEP SOAKING GUIDE

WHY SOAK YOUR GRAINS, NUTS, AND LEGUMES?

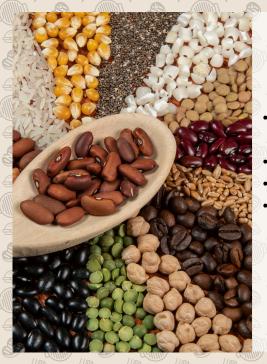
SOAKING IS A TRADITIONAL PREPARATION METHOD THAT:

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



BENEFITS OF SOAKING

- BOOSTS NUTRIENT
 BIOAVAILABILITY.
- 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.

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

Food Type	Soaking Time
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