Cret Sprouting

# MACADAMIA

Do Not Soak Does Not Sprout

#### CASHEW 2-21/2hrs Soaking Does Not Sprout



### ALMOND 8-12hrs Soaking 12hrs Sprouting



WALNUT 4hrs Soaking Does Not Sprout









SOAK

**SPROUT** 

Seeds, nuts, grains and beans are covered in chemicals called

enzyme inhibitors which prevent premature germination and store

nutrients for plant growth. When humans consume these chemicals,

they reduce the absorbtion of important minerals and proteins caus-

ing nutrient deficiencies and other health issues. Soaking and

sprouting bypasses this issue as it activates the seed and nutralises

the inhibitors.





BRAZILNUT Do Not Soak Does Not Sprout



### SESAME

8hrs Soaking 1-2Days Sprouting



## **ALFALFA**

8hrs Soaking 2-5Days Sprouting



PINENUT

Do Not Soak Does Not Sprout

## FENUGREEK

8hrs Soaking 3-5Days Sprouting



# FLAX

8hrs Soaking Does Not Sprout



# SUNFLOWER

2hrs Soaking 2-3Days Sprouting



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### **PEPITA** 8hrs Soaking 1-2Days Sprouting

2-3Days Sprouting

# CORN

RICE 9hrs Soaking 3-5Days Sprouting









## BARLEY 6-8hrs Soaking

**ADZUKI** 8hrs Soaking 3-5Days Sprouting

# CHICKPEA

12hrs Soaking 12hrs Sprouting



### LENTIL

8hrs Soaking 12hrs Sprouting



### MUNG

1Day Soaking 2-5Days Sprouting



# KAMUT

7hrs Soaking 2-3Days Sprouting



WHEAT 7hrs Soaking 2-3Days Sprouting



OATS 6hrs Soaking 2-3Days Sprouting

### SPELT + RYE 8hrs Soaking

2-3Days Sprouting







**BUCKWHEAT** 2Days Sprouting 15mins Soaking 1-2Days Sprouting