

Soaking Nuts and Seeds

Nut / Seed	Dry Amount	Soak Time	Sprout Time	Sprout Length	Yield
Alfalfa Seed	3 Tbsp	12 Hours	3-5 Days	1-2 Inches	4 Cups
almonds	3 Cups	8-12 Hours	1-3 Days	1/8 Inch	4 Cups
Amaranth	1 Cup	3-5 Hours	2-3 Days	1/4 Inch	3 Cups
Barley, Hulless	1 Cup	6 Hours	12-24 Hours	1/4 Inch	2 Cups
Broccoli Seed	2 Tbsp	8 Hours	3-4 Days	1-2 Inches	2 Cups
Buckwheat, Hulled	1 Cup	6 Hours	1-2 Days	1/8-1/2 Inch	2 Cups
Cabbage Seed	1 Tbsp	4-6 Hours	4-5 Days	1-2 Inches	1 1/2 Cups
Cashews	3 Cups	2-3 Hours			4 Cups
Fenugreek	4 Tbsp	6 Hours	2-5 Days	1-2 Inches	3 Cups
Flax Seeds	1 Cup	6 Hours			2 Cups
Garbanzo Beans (Chick Pea)	1 Cup	12-48 Hours	2-4 Days	1/2-1 Inch	4 Cups
Kale Seed	4 Tbsp	4-6 Hours	4-6 Days	3/4-1 Inch	3-4 Cups
Lentil	3/4 Cup	8 Hours	2-3 Days	1/2-1 Inch	4 Cups
Millet	1 Cup	5 Hours	12 Hours	1/16 Inch	3 Cups
Mung Beans	1/3 Cup	8 Hours	4-5 Days	1/4-3 Inches	4 Cups
Oats, Hulled	1 Cup	8 Hours	1-2 Days	1/8 Inch	1 Cup
Pea	1 Cup	8 Hours	2-3 Days	1/2-1 Inch	3 Cups
Pinto Bean	1 Cup	12 Hours	3-4 Days	1/2-1 Inch	3-4 Cups
Pumpkin	1 Cup	6 Hours	1-2 Days	1/8 Inch	2 Cups
Quinoa	1 Cup	3-4 Hours	2-3 Days	1/2 Inch	3 Cups
Radish	3 Tbsp	6 Hours	3-5 Days	3/4-2 Inches	4 Cups
Rye	1 Cup	6-8 Hours	2-3 Days	1/2-3/4 Inch	3 Cups
Sesame Seed,Hulled	1 Cup	8 Hours			1 1/2 Cups
Spelt	1 Cup	6 Hours	1-2 Days	1/4 Inch	3 Cups
Sunflower, Hulled	1 Cup	6-8 Hours	1 Day	1/4-1/2 Inch	2 Cups
almonds and walnuts	3 Cups	4 Hours			4 Cups
Wheat	1 Cup	8-10 Hours	2-3 Days	1/4-3/4 Inch	3 Cups
Wild Rice	1 Cup	12 Hours	2-3 Days	Rice Splits	3 Cups