



LINDGREN
functional medicine

SOAKING & SPROUTING TIMES

GRAINS	oats	6	2-3 (groats)
	rice	9	3-5
	wheat	7	3-4
	quinoa	3	2-3
	barley	6-8	2-3
	millet	7	2-3
BEANS & LENTILS	chickpeas	8-12	1-3
	most beans	8-12	3-4
	most lentils	7	1-2
	mung beans	24	3-5
SEEDS	pumpkin	6	1-2
	flax	6	-
	chia	2-4	-
	hemp	-	-
	sesame	6	1-2
	sunflower	2-4	2-3 if raw
	alfalfa	8	2-5
NUTS	brazil	3	-
	almonds	12-16	1-3 if raw
	cashews	2-3	-
	walnuts	4	-
	pecans	6	-
	macadamia	2	-
	pistachios	8	-
	peanuts	12	-