



LINDGREN
functional medicine

HOW TO SOAK & SPROUT

*make dormant, hard-to-digest grains, seeds, lentils, beans,
and nuts more digestible and nutrient-dense*

SOAK

1. Fill glass jar 1/3 with grains/seeds/nuts/dried legumes.
2. Add twice as much filtered water (grains/dried legumes will expand as they absorb water).
3. Add a pinch of baking soda or apple cider vinegar.
4. Let sit at room temp for ~2-12 hours (see soaking & sprouting time chart).
5. Drain and rinse with clean water.
6. Enjoy raw roast nuts and seeds, further cook grains and legumes, or continue to sprouting.

the process "awakens" the living seed, breaks down anti-nutrients, and activates beneficial enzymes



SPROUT

1. After soaking for the appropriate time, completely rinse grains/seeds/nuts/dried legumes.
2. Cover jar opening with a piece of cheesecloth or sprouting lid (should allow air flow).
3. Turn jar at an angle to allow slow water drainage (balance in bowl).
4. Let sit at room temp, exposed to sunlight.
5. Rinse with clean water every 2 hours (or at least twice daily) until germinated.
6. Enjoy on salads and bowls, in sandwiches and wraps, or in sautéed dishes.

sprouts can become contaminated with pathogens like e.coli, so be sure to rinse regularly

