

7 Day Soaking Nuts - Almond Milk

Soak one cup of almonds. Drain and rinse almonds and add to blender with 3 cups of pure water. Blend and strain. That's it, simple.

Watch the video above to see it in action.

Get a nut milk bag to strain your almond milk [here](#), link also found in [Resource](#) section

Soak your Nuts!

For the most nutritional benefits, soak your almonds first. This releases the enzyme inhibitors on their coating and begins breaking them down. When nuts and seeds are soaked first they are considered pre-digested; the carbs begin to break down into simple sugars and the proteins into amino acids. This means less work for your body and easier on your digestion system. In addition, soaking nuts also encourages production of beneficial enzymes and increases their vitamin content.

- Use pure or filtered water to soak.
- Rinse well after soaking. The soak water will still contain the released enzyme inhibitors, which are toxic, very acidic and which will neutralize our body's own store of enzymes.
- **Do not soak very soft or mucilaginous nuts and seeds prior to using them in recipes, unless indicated; these include: Macadamia, Pine and Brazil nuts and Hemp, Flax and Chia seeds.**
- All others should be soaked unless otherwise specified. A guideline for soaking times for various nuts and seeds are as follows: Small seeds, grains and soft nuts, such as Sesame, Quinoa, Walnuts and Pecans – 3 to 4 hours Larger, hulled seeds, such as Pumpkin and Sunflower – 4 to 8 hours Larger nuts, such as Almonds, Hazelnuts – 6 to 12 hours
- Almonds are great to have readily available and are best soaked under 12 hours, but can be soaked for up to a week in the fridge. Rinse and cover with water in a glass jar and refrigerate. Leave them without a lid, so they can breathe. Rinse then daily, as they are alive and produce waste, which will get in the water. Fill bottle with water again after and return to fridge
- If you require a shorter soaking time soak nuts and seeds in warm water. This can speed up the process by an hour or two. Heat water up until just warm to the touch; if the water is too hot for your hand, it's too hot for the food and will begin destroying beneficial nutrients and enzymes.