

## Preparing nuts:

**Nuts will be crisp and tasty after this process, and much easier to digest. Don't be afraid to prepare a bunch of nuts at once and store them in the freezer. They are great to toss onto a salad, chop up and use to crust fish or chicken, or to add to your favorite recipe.**

### Instructions for:

Walnuts  
Pecans  
Hazelnuts  
Brazil nuts  
Almonds

### Needed tools:

Large jars or bowls with lids  
Oven or Food Dehydrator  
Parchment paper (if using oven)  
Jelly roll pans or Cookie sheets (if using oven)

**Before Bed:** (This step is for ALMONDS< WALNUTS<HAZLENUTS< <BRAZIL NUTS< AND PECANS )

- Get out the same number of large jars or bowls as you have types of nuts to soak. It is best to soak each type of nuts into their own separate bowl.
- Fill each container ½ full with filtered water. Add 1 tsp sea salt, per cup of nuts, to each bowl or jar. Stir to dissolve the sea salt.
- Next, add each type of nuts into their own separate jar or bowl... Add additional filtered water, if needed, to ensure the nuts are covered by water. Cover with a lid.
- Soak ALMONDS< WALNUTS<HAZLENUTS< <BRAZIL NUTS< AND PECANS overnight, or about 8 to 12 hours. Do NOT soak MACADAMIA NUTS or CASHEWS overnight , as they require much less soaking time.

**First thing the next morning:**

- Drain each of the jars/bowls of nuts separately into a colander and rinse under running water.
- Place each type of nut on a parchment lined baking sheet.
- Place baking sheets into a 150 degree Fahrenheit oven for 12 to 18 hours.
- If you have a food dehydrator, you can place each type of nut on its own tray and place in the dehydrator for 12 to 15 hours at 105 to 135 degrees.
- After the nuts have cooled, store in the refrigerator for 2 weeks or in the freezer for up to 2 months!

### Instructions for:

Cashews  
Macadamia Nuts

**First thing in the morning:**

- If you want to prepare CASHEWS or MACADAMIA NUTS, fill bowls or large jars ½ full with water and add 1 tsp sea salt per cup of nuts. Stir to dissolve.
- Measure the MACADAMIA NUTS or CASHEWS into the bowls and add filtered water if needed to ensure nuts are covered by water. Soak for 4 to 6 hours. Do not soak longer, as they get slimy if soaked too long.

**Around Mid-day:**

- Drain each of the bowls of nuts separately into a colander and rinse under running water.
- Place each type of nut on a parchment lined baking sheet.

- Place baking sheets into a 150 degree Fahrenheit oven for 12 to 18 hours. For a food dehydrator, place each type of nut on its own tray and place in the dehydrator for 12 to 15 hours at 105 to 135 degrees.
- After the nuts have cooled, store in the refrigerator for 2 weeks or in the freezer for up to 2 months!