

INSTRUCTIONS FOR PREPARING GRAINS, LEGUMES, NUTS AND SEEDS

Grains

The addition of grains to the diet can add the benefits of many valuable nutrients, provided grains are prepared in a manner that makes those nutrients available for absorption. Traditionally grains were consumed whole and after being soaked or fermented. Modern science has been able to discover the importance of this ancient practice. All grains contain phytic acid (an organic acid in which phosphorus is bound). Unreleased phytic acid binds to certain minerals, such as calcium, copper, iron, magnesium, and zinc, preventing their absorption in the intestinal tract. This can over time lead to conditions such as irritable bowel and leaky gut syndromes, and eventually much more serious disorders. Soaking allows enzymes and probiotic organisms to break down and neutralize phytic acid. It is important that soaking occur in warm acidulated water. This can be accomplished through the use of real yogurt, homemade whey, lemon juice, or vinegar. I prefer the use of raw fermented yogurts, whey, or vinegar. Grains should be soaked in the following way: 1 cup grain to 1-1/2 cups warm filtered water plus 2 tablespoons yogurt, whey, lemon juice, or vinegar for 7 to 24 hours. Prior to cooking, drain water and proceed to cook per recipe. *Nourishing Traditions* by Sally Fallon offers a nice selection of delicious grain recipes.

Unsoaked grains in the form of commercial breads, pastries, granola, and dry cereal are never recommended. True sourdough breads such as those made by French Meadows are a nice alternative to homemade bread. Gruels and porridges provide a healthy replacement for boxed dry cereals. Don't forget the butter.

Legumes

Likewise, legumes should be soaked ideally for 24 hours. Soak in the same manner as suggested for grains.

Nuts & Seeds

Certain enzyme inhibitors found in nuts and some seeds make them more difficult to digest, especially when eaten in large amounts. Soaking nuts in salted water overnight (or at least for 7 hours) neutralizes these enzyme inhibitors. After draining water, dry in a warm oven (under 150 degrees) or dehydrator for 12 hours. Again, *Nourishing Traditions* has some scrumptious recipes for nuts and seeds.

