

Joe's Seed Soak



INGREDIENTS

- 1 cup raw almonds
- 1 cup raw sunflower seeds
- 1 cup raw pumpkin seeds
- 1 cup steel cut oats

DIRECTIONS

1. Place ingredients in a bowl and fill with water 1 inch above seeds and grains. Stir and rinse well in a colander. Return to the bowl and add water to within 1 inch above seeds and let soak overnight. *This allows the seeds to begin to germinate.*
2. Next day drain and rinse in a colander. Remove ½ cup for today's use and put the rest in the refrigerator with no water.
3. Place your sprouted seed and grain mixture in a bowl and add fresh fruit. (I use 1 diced apple and a mixture of berries).
4. To eat cold, add coconut milk or some kind of seed or nut milk you enjoy. *Obviously, we don't want to use a form of milk we are allergic to. I also encourage people to avoid cow's milk for many reasons i.e. hormones, processing etc.*
5. For hot cereal, replace milk with hot water. *I personally enjoy adding 1 scoop of Biotics NitroGreens. NitroGreens is loaded with alkalizing factors, antioxidants, and chlorophyll.*
6. Mix thoroughly and enjoy.

A Wellness Minute Recipe

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For further use, take seed and grain mixture from the refrigerator and re-rinse before using. It's generally best not to make more than a couple of day's worth.

Other raw seeds and nuts can be substituted according to taste and desired nutrients. See below for a list of calories, carbohydrates, protein and fiber counts for the seeds I like to use.

	Amount	Fat	Calories	Carbs	Grams Protein	Saturated Fat	Fiber
Almonds	1/4 Cup	18	210	7	7	1.5	4
Sunflower Seeds	1/4 Cup	16	140	6	6	2	3
Pumpkin Seeds	3 TBSP	15	170	3	9	2.5	2
Steel Cut Oats	1/4 Cup	3	160	27	6	1	4
Buckwheat Groats	1/4 Cup	1.5	150	32	6	0	5
Total		53.5	830	75	34	7	18

Other Options

	Amount	Fat	Calories	Carbs	Grams Protein	Saturated Fat	Fiber
Chia Seed	1 TBSP	4.5	60	5	3	0.5	5
Flax Seed	3 TBSP	8	90	7	4	0.5	6