

HOW TO ACTIVATE YOUR NUTS

AIP REINTRODUCTION

NUT OR SEED TYPE	SOAKING TIME	OVEN DRYING TIME
ALMONDS	8 - 12 HOURS	8 - 12 HOURS
BRAZILS	3 - 4 HOURS	8 - 12 HOURS
CASHEWS	3 - 4 HOURS	7 - 8 HOURS
HAZELNUTS	8 - 10 HOURS	8 - 12 HOURS
MACADAMIAS	2 - 4 HOURS	8 - 12 HOURS
PECANS	6 - 8 HOURS	8 - 12 HOURS
PEPITAS/PUMPKIN SEEDS	7 - 8 HOURS	10 - 12 HOURS
PINE NUTS	8 - 10 HOURS	10 - 12 HOURS
PISTACHIOS	8 - 10 HOURS	8 - 12 HOURS
SUNFLOWER SEEDS	7 - 8 HOURS	10 - 12 HOURS
WALNUTS	3 - 4 HOURS	7 - 8 HOURS

*oven drying times are approximate



NUT ACTIVATION PROCESS

You will need 1/2 teaspoon of salt for every cup of raw nuts/seeds.

In a bowl, dissolve salt in enough water to cover the nuts and/or seeds you are activating. Add your nuts or seeds. Ensure they are covered with salted water.

Soak for the required number of hours.

Strain and rinse the nuts and/or seeds.

Turn on your oven to the lowest temperature possible, preferably no more than 65°C / 150°F.

Spread your nuts and/or seeds evenly in a single layer on a baking tray and pop into the oven.

Stir occasionally, for the required drying time, until dried to your liking.