

Soaking Times for Nuts

+ RECIPE IDEAS

ALMONDS

Soaking time: 8–12 hours



Blend soaked almonds with a little coconut oil and sea salt to make a creamy almond butter for spreading on toast or adding to smoothies.

CASHEWS

Soaking time: 4–6 hours



Blend soaked cashews with water, garlic, nutritional yeast, and lemon juice to make a dairy-free cream sauce perfect for pasta or as a dip.

PECANS

Soaking time: 4–6 hours



Toss soaked pecans with maple syrup and a pinch of sea salt. Roast at 350°F for 10–15 minutes for a sweet, crunchy snack.

WALNUTS

Soaking time: 4–6 hours



Process soaked walnuts with basil, garlic, olive oil, and parmesan to create a rich pesto sauce for pasta.

HAZELNUTS

Soaking time: 12–24 hours



Blend soaked hazelnuts, cacao, coconut oil, and maple syrup into a creamy hazelnut paste. Use as a spread or drizzle over desserts.

MACADAMIA NUTS

Soaking time: 4–6 hours



Process soaked macadamia nuts with lemon juice, olive oil, garlic, and herbs for a creamy, tangy dip.

PEANUTS

Soaking time: 8 hours



Soak peanuts, then blend with honey and a pinch of sea salt to create a smooth, homemade peanut butter.

PISTACHIOS

Soaking time: 4–8 hours



Process soaked pistachios with olive oil, garlic, and lemon juice for a creamy, flavourful pistachio pesto. Perfect for pasta or as a dip for veggies.

BRAZIL NUTS

Soaking time: 4–6 hours



Blend soaked Brazil nuts with water, a dash of vanilla, and maple syrup. Strain for a creamy, dairy-free milk alternative.

