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FERMENTING GRAINS, LEGUMES, NUTS AND SEEDS



The logo for 'Healthy Gut' features a stylized green leaf-like shape on the left and a blue circular shape on the right, with the text 'Healthy Gut' in a small, sans-serif font below them.

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WHY?

- Grains, legumes and nuts can be problematic for some people
- By fermenting the foods, it can aid digestion and make nutrients in the food more bioavailable.
- It can also lowers any possible negative chemicals that the food may possess
- The process is not difficult, or time consuming



A photograph showing several small white bowls filled with different types of fermented grains and vegetables, including what looks like sauerkraut, kimchi, and various grains, arranged on a blue surface.

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Fermenting Grains

- Fermenting grains is easy when it is a flour as long as there is enough liquid
- There is a different process for a whole grain kernel
- To ferment a flour, take the liquid that is in the recipe except for the eggs and mix it together with the flour in a bowl and cover with plastic wrap or a plate. Let it sit a room temperature for 24 hours.
- If the recipes calls for milk, use yogurt or kefir instead
- If using fruit juice – only ferment for 12 hours
- Butter and coconut oil can be added for extra liquid if needed



A small pile of dry, light-colored grains, possibly quinoa or millet, shown in a close-up photograph.

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Fermenting Grains

- After the flour is fermented, add the rest of ingredients and bake as per the instructions
- To ferment a grain kernel before it is cooked, rinse the grain first.
- Place it in a bowl and cover with spring water. Cover with a plate or plastic wrap and let it sit for 24 hours. Rinse.
- Cook as you would normally cook it.
- Cooked grains do not ferment well as they tend to continue expanding when soaked in water.
- Video <https://youtu.be/PxJDRIKY5ws>



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To Ferment Legumes and Lentils

- Cook the legumes or lentils as you would usually or if you are using ones that cooked and canned, then rinsed them thoroughly
- Place the rinsed legumes or lentils in a Mason jar with spring water – add enough water to cover the beans
- Add either 1 tsp sea salt per cup of water or 2 tbsp apple cider vinegar
- Place a lid on the jar tightly and let it sit for at least 24 hours.
- Apple cider vinegar will ferment the beans faster and can be ready in 3-5 days
- Rinse off the beans before using.



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Fermenting Nuts and Seeds

- Nuts are best fermented with a starter
- Place the nuts in a bowl and cover with spring water.
- Add 1 tablespoon apple cider vinegar or 1 tablespoon kefir or yogurt whey <https://youtu.be/lw0gRplB-Cg>
- Cover with a plate or plastic wrap and let sit for 8-10 hours at room temperature.
- Seeds such as pumpkin or sunflower can also be fermented this way
- Chia and flax seeds will absorb the water due to the soluble fiber. Fermenting in kombucha is a good way to ferment them

