



ACTIVATED NUT & SEED MIX (ALMONDS, HAZELNUTS & PEPITAS)

Tammy from our Lismore store has been bringing in her home activated nut & seed mix since she started working with us last year and they have been the topic of many a back room conversation. She is quite the master when it comes to activating and was the inspiration behind this recipe and the blog we just published titled 'Why Activate Nuts & Seeds?'

So here is Tammy's recipe and tips for the most delicious ever home activated nut & seed mix.

Ingredients:

2 cups organic almonds

2 cups of hazelnuts

1 cup pepitas

Alkalised water (fluoride free if possible)

1 1/4 tablespoons of Himalayan OR Celtic salt

Method:

Soak your almonds, hazelnuts and pepitas in 3 separate bowls with enough water to cover them by a centimetre or 2.

Add 1/2 tablespoon of salt to the almonds and hazelnuts, and 1/4 tablespoon of salt to the pepitas.

Cover and allow to soak for 12 hours (or overnight).

Drain the liquid and place the nuts and seeds on separate baking trays with baking paper (or alternatively a silicone mat).

Dehydrate in the oven set on 50°C for 12-15 hours (below 65°C for gas oven on the pilot light)

A crunchy texture means they are done.

Store in a glass jar in the fridge or freezer to preserve nutrients for months.

*Pepitas usually take just 10-12 hours – check by tasting.

Inspiration:

You can activate almost any nut or seed of your choice so don't be afraid to experiment with your favourites.

Gluten Free | Dairy Free | Sugar Free | Paleo