



## CRISPY NUTS

### THE GOODS:

Nuts of choice  
2 tsp celtic sea salt  
filtered water

### THE METHOD:

Mix the nuts with salt and warm filtered water and soak for 8 hour (over night). Spread on a baking sheet and bake on lowest temp for 12-24 hours, turning occasionally until totally crisp and dry. Store in an airtight container.  
Variations: use pecans, walnuts, cashews, almonds, or any nut of choice.

Soaking your nuts breaks down the enzyme inhibitors and releases the phytic acid from your nuts making them easier on the digestion and therefore more absorbable and potent.

Once they are roasted try tossing with tamari, umeboshi vinegar (Japanese plum vinegar), honey and sea salt, or any other flavor you desire.

