

Sprouted Almonds

Sprouting is a mini miracle when it comes to boosting the health benefits of seeds, nuts and grain. When a seed is soaked and begins to sprout, it wakes up, in a manner of speaking, and releases the nutrients that are locked inside. Dormant seeds have in them something called enzyme inhibitors, which stop enzyme reactions. This keeps them from going bad longer, or sprouting in unfavorable conditions, but it also makes them difficult to digest. Once a seed is sprouted, the enzyme inhibitors are gone. At that point, the nutrients and beneficial enzymes are readily available. Sprouted seeds also increase in protein while decreasing in carbohydrates as the seed uses the carbohydrate energy stored inside to grow. Soaking also breaks down the glutes and hard to digest proteins into smaller and easier to digest components. Sprouted nuts become even more delicious, good for you and better than raw nuts.

<u>Ingredient</u>	<u>Raw Almonds</u>	<u>Sprouted Almonds</u>
Calories from Fat	113	99
Total Fat	12.5	11
Saturated/Trans Fat	0g	0g
Polyunsaturated Fat	3.5g	2.9g
Monounsaturated Fat	9g	7.9g
Sodium	0g	.1g
Potassium	200mg	200mg
Total		
Carbohydrates	6g	6g
Dietary Fiber	3g	3g
Sugars	1g	1g
Protein	6g	6g

Ingredients: Almonds, non-iodized salt