

Crispy Almonds Recipe

from Sally Fallon's Cookbook Nourishing Traditions

Nuts contain enzyme inhibitors which make them more challenging to digest, Preparing nuts in this way will make tastier and more gentle on your GI tract.

Makes 4 cups

4 cups almonds

1 tablespoon sea salt

filtered water

Mix almonds with salt and cover with filtered water. Leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven for 12-24 hours (no more than 150 degrees Fahrenheit or 65 degrees Celsius as this will kill the enzymes) . Stir occasionally, until completely dry and crisp. Store in an airtight container.

Skinless almonds will still sprout, indicating that the process of removing their skins has not destroyed the enzymes. Skinless almonds are easier to digest and more satisfactory in many recipes. However, you may also use almonds with skins on.

You can use slivered almonds for this recipe.

You can also crisp peanuts, pine nuts, hazelnuts, macadamia nuts, pecans, and walnuts.