

# Crispy Almonds

These truly taste different than any almond you have tried before.  
Be sure to read all my notes!

## Ingredients:

2 c RAW organic almonds  
1 ½ t sea salt (or other mineral salt)  
filtered water to completely cover nuts

**Directions:** Mix almonds with salt and filtered water and leave in a warm place for at least 7 hours. Check after a few hours to make sure the almonds have not soaked up all the water. If they have, add more water. Rinse and drain well in a colander. Spread on a stainless steel baking pan and place in a warm oven (no more than 150° F) for 12 to 24 hours, stirring once or twice, until completely dry and crisp. Store in airtight NON-plastic container.

**Variations:** You can substitute skinned Hazel nuts for almonds, using the same salt ratio. For walnuts or pecans, reduce salt to 1 t.

## Karen's Notes:

(1) Since 2011, all almonds grown in the USA must be pasteurized (a process in which the almonds are heated and the good enzymes destroyed). So, beware of labeling. Unless the almonds are imported, they are NOT raw.

(2) Why do we want to soak & dehydrate our nuts? All nuts, seeds, and grains contain numerous enzyme inhibitors that can strain the digestive system, especially if indulged in.

(3) I put my almonds on to soak in the morning. Then in the evening put them in the oven to dry to dry overnight. Almonds generally dry in about 12 hours.

(4) My oven's lowest setting is 170° F. To lower the temperature to 150° F, I simply prop the door open slightly with a wooden spoon.

Adapted by Karen DeHaven from *Nourishing Traditions*, p. 515