

Grain/Seed	Soak time	Sprout time
Almonds	overnight	1-2 days
Cashews	5-6 hours (max)	sprout
Walnuts	3-4 hours (max)	sprout
Pumpkin seeds	overnight	1-2 days
Sunflower seeds	overnight	1-2 days
Quinoa	24 hours	1 day
Buckwheat	24 hours	2-3 days
Oat groats	24 hours	2-4 days
Spelt berries	24 hours	2-4 days
Wheat berries	24 hours	2-4 days
Chickpeas	24 hours	3-5 days
Lentils	24 hours	2-4 days