



## Comparison: Raw vs. Sprouted Organic Nuts and Seeds

	Raw	Sprouted
<b>Process</b>	Machine processed and automated to preserve the nut and give it a longer shelf life.	Traditionally processed by hand – Soaked to allow nut to germinate, then carefully removed and slowly dried at very low temperatures to kill off enzyme inhibitors.
<b>Digestibility</b>	Enzyme inhibitors keep the body's natural enzymes from assisting with digestion, making raw nuts much more difficult to digest.	Sprouting kills off the enzyme inhibitors while keeping the body's natural enzymes intact, making sprouted nuts much easier to digest.
<b>Taste</b>	Bland and tasteless	Rich, natural taste
<b>Crunch factor</b>	Mostly crunchy	Very crunchy
<b>Cost</b>	Cheap cost due to highly automated machine processing.	Premium cost due to traditional hand processing which takes more time and care.