

# ACORN FLOUR PROCESS

Step 1. Gather acorns, test in a bucket of water; The acorns that sink will be good, discard all acorns that float as they are no good.



Step 2. To dry acorns, you can dry them in the sun or place them on baking pan lined with parchment paper place in oven at 250° for 2 hours, take out of oven and let cool. This process will kill any weevils and make them storable. You can store them up to 10 years.



Step 3. After acorns are cooled to store and shell later, or you can cut or crack them open and remove the meat of the acorn making them ready for the next step of the process. We cut the meat in fourths as we shell them so it will leach better and faster.



Step 4. To leach place the meat of the acorn in basket and place in running water in a creek for 10 hours or you can put them in jars of cold water, let set for 12 hours and rinse. The rinsing process must be done every 12 hours for 10 days or longer, once the water stays clear it is ready for the next step.





Step 5. After leaching there should be no bitterness when tasted, you can dry in the sun or dehydrate in a dehydrator at 145° for 6 to 7 hours. Store in jars until you are ready to grind them.



Step 6. I use a coffee grinder on the fine setting or you can purchase a flour mill grinder.



Note: This is a fun process I have learned so much about acorns and their health and nutritional value. There is different variation with the amount used in your recipes. If you have any question's please feel free to contact me at [mnd@sti.net](mailto:mnd@sti.net)

You can check out the many benefits, @ <https://www.organicfacts.net/health-benefits/seed-and-nut/acorns.html>

**This is some of the information found on this website check it out.**

## Acorn Nuts Nutrition Facts

Acorns are consumed due to their various nutrients. They contain [carbohydrates](#), fats, and [proteins](#). The vitamin wealth in these nuts contains [vitamin B1](#)(thiamine), [vitamin B2](#)(riboflavin), [vitamin B3](#)(niacin), [vitamin B5](#)(pantothenic acid), [vitamin B6](#), and [vitamin B9](#) (folate). Minerals like [calcium](#), [copper](#), [magnesium](#), [manganese](#), [iron](#), [potassium](#), and [zinc](#) are also found in these nuts.