



## FREQUENTLY ASKED SPROUTED FLOUR QUESTIONS

- Q. What makes sprouted flour different from unsprouted flour?**
- A. When grains are sprouted they are converted into a living food with more vital nutrients that are more easily absorbed by the body. Sprouted flour digests as a vegetable not as a starch.
- Q. Should I use sprouted wheat or sprouted spelt flour?**
- A. It depends on your baking requirements and diet. Both sprouted flours can be used in baking, but spelt flour doesn't rise as high as wheat.
- Q. Can I use sprouted flour as a substitute for other traditional flours?**
- A. Yes, it can be substituted one for one with other flours.
- Q. What is the shelf life of sprouted flour?**
- A. Six months or more when kept in a sealed container. Longer when refrigerated or frozen.
- Q. What are the nutritional benefits of sprouted flour?**
- A. Sprouting increases the vitamins in the flour. Enzymes are created that aid digestion. Complex sugars are broken down which can eliminate painful intestinal gas and potent carcinogens and enzyme inhibitors are neutralized. You'll notice the benefits.
- Q. Is there a difference between flourless bread and bread made with sprouted flour?**
- A. Yes. Flourless bread is made from a mash of sprouts that have not been dried, giving the bread a more fermented taste.
- Q. Can I make pasta with sprouted flour?**
- A. Yes. You can use sprouted flour the same as you would other flours in you baked goods and pasta.
- Q. Does sprouted flour contain as much fiber as unsprouted flour?**
- A. Our sprouted flour is milled using the whole grain so it retains all its fiber.
- Q. Where does your grain come from?**
- A. Our organic grain is grown mostly in the US and some from central Canada.
- Q. Does sprouted flour taste different?**
- A. Yes, it is more delicious than regular flour because it has not been bleached, refined or over processed. You'll love the taste.
- Q. Is there gluten in sprouted flour?**
- A. Yes. Spelt is much lower in gluten than wheat. Although when grains are sprouted they are easier for the body to digest as they are converted into a plant, and are no longer a starch.
- Q. At what temperature is your flour milled? Could it be considered a raw food?**
- A. Our flour is milled at a slightly higher temperature than the 118 degree maximum to be able to call it a raw food.

A TRADITION OF WHOLESOME HEALTHY FOODS.