

Sprouted Whole Grain Wheat Flour

People have been soaking and sprouting grains for thousands of years. When farmers harvested their grain by hand, they stored it in the field until it was sold. The dew or rain then caused the grain to sprout or germinate. Next, the grain would be carried to the threshing floors where it would be allowed to dry and then it would be separated from the chaff.

The invention of the combine harvester during the Industrial Revolution changed everything. Grain could now be harvested in the field and moved directly to storage bins. Modern processing put an end to the ancient practice of sprouting grain.

When whole grains are not allowed to sprout, they don't contain the nutrients that are found in sprouted grains. Sprouted grains have many nutritional benefits. First of all, sprouting breaks down the starches in the grain into simple sugars which are easier for the body to digest. Increased enzymes are produced during sprouting. Sprouting also reduces enzyme inhibitors and phytic acid, which is a substance present in the bran of all grains which inhibits the absorption of calcium, magnesium, iron, copper and zinc. An increase of vitamin C, vitamin B (B2, B5 and B6) and carotene are also a result of sprouting grain.

To make sprouted grain flour, the grain is soaked, sprouted, dried at a low temperature (to maintain nutrients) and then milled into flour. To store the flour, it should be kept in air-tight glass or plastic containers in a cool dark place for 3+ months, in a refrigerator for 5+ months, or in a freezer for 7+ months.

At Grandma's Pantry, we have recently added Sprouted Whole Grain Wheat Flour to our wonderful list of specialty flours. I have personally used this flour in the place of regular flour in many of my recipes and have been pleased with the results. If you are interested in trying Sprouted Whole Grain Wheat Flour or any of our other specialty flours, we will gladly fill your order. Contact us at www.GrandmasPantryVa.com.

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (1 Cor. 10:31)