

## SPROUTED WHOLE GRAIN WHEAT FLOUR – Part 2

In the November 2009 newsletter, I introduced you to a new product at Grandma's Pantry called sprouted whole grain wheat flour. As many of you know, "whole grain" is an essential part of a healthy diet and is hailed as the "staff of life". The dietary guidelines for Americans recommend that at least three servings of whole grains should be consumed each day.

As a follow-up to the November newsletter I would like to introduce you to grains that can be sprouted, dried, and milled at home. Grains sprout quickly, taking as little as 24 hours to sprout and no more than 2-3 days for the entire process. We carry hard red winter wheat berries, hard white spring wheat berries (prairie gold) and soft white spring wheat berries. Wheat berries, however, are not the only grain that can be sprouted for flour. Millet, quinoa, and rye berries are examples of other grains that can be sprouted and milled.

The process sounds difficult but is really quite easy. The process begins with dormant seeds. Fill a clean large-mouth mason jar 1/3 full of the seeds and cover with filtered water. Use a cheese cloth or mesh screen with the screw top lid for a cover on the jar. Let the seeds soak overnight. Rinse the seeds and drain well. The seeds need to be able to breathe, so place the container in a well-ventilated area. (Seeds may need to be periodically rinsed to keep from drying out). Once the seeds have germinated, they are ready to be dried. (The seeds only need to have a 1/8 inch tail to be germinated enough). Pour the grain in a thin layer on a mesh screen in a dehydrator and dry at 105-115 degrees. When the sprouts are dry, add to the hopper of a grain mill and mill at the finest setting. The sprouted whole grain flour can be used in the place of regular flour at a ratio of one to one for most recipes.

Remember, for those who don't have the necessary equipment or don't have the time, Grandma's Pantry carries the whole grain sprouted wheat flour as mentioned in the November newsletter. Either way, sprouted whole grain wheat flour is a great way to add that natural goodness of whole grain to your diet.

We would love to hear from you and help you bring good nutrition to your table. You can find us on the web at [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com). We are also available on Facebook, so become a fan!

We can help stock your pantry from Grandma's Pantry.

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