



Ezekiel Bread Recipe

Nutritional Value of Sprouted Grain Ezekiel Bread

When these six grains and legumes are sprouted and combined, an amazing thing happens. A complete protein is created that closely parallels the protein found in milk and eggs.

The protein quality is so high, that it is 84.3% as efficient as the highest recognized source of protein, containing all 9 essential amino acids. There are 18 amino acids present in this unique bread - from all vegetable sources - naturally balanced in nature."

Ingredients:

4 cups Lukewarm Water
1 cup Honey
1/2 cup Oil
2 Tbsp. Yeast, Active Dry

Whole Grains:

2 1/2 cups Wheat, Hard Red Berries
1 1/2 cups Spelt Berries or Rye Berries, Organic
1/2 cup Barley, Whole Hull-less
1/4 cup Millet
1/4 cup Lentils (Petite French Green)
2 Tbsp. Great Northern Beans
2 Tbsp. Kidney Beans (Red)
2 Tbsp. Pinto Beans

Procedure:

Stir whole grains together very well and grind in grain mill until mixture becomes flour.

Measure water, honey, oil, and yeast in large bowl. Allow to mixture to sit 5 minutes for yeast to grow.

Add 2 tsp. salt and the grain mixture to the yeast mixture- mix well.

Pour batter into two greased pans, 10x5x3 or equivalent. Let rise in a warm place until 3/4" to 1/2" from top edge of pan. Bake at 350°F for 40-50 minutes. Shorten baking time if using shallow pans.

