



Ezekiel Bread

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 Fieldstone Organics Hard Red Spring Wheat
1 1/2 cups Fieldstone Organics Spelt Berries or Rye Berries
1/2 cup Fieldstone Organics Barley
1/4 cup Millet
1/4 cup Fieldstone Organics French Green Lentils
2 Tbsp. Great Northern Beans
2 Tbsp. Kidney Beans (Red)
2 Tbsp. Pinto Beans

Method

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.



