



Sprouted **WHOLE GRAIN** Bread ...

The HEALTHIEST Of All (7) Breads Below! ✓

(By L. Streit, MS, RDN, LD)

(#1) - Sprouted **WHOLE GRAIN Bread** - Studies reveal that the "sprouting" factor "increases" the grains' **ANTIOXIDANTS** - while "decreasing" **ANTINUTRIENTS** [or compounds that bind to minerals, like iron, and block their absorption (from 4 Trusted Sources). Moreover, this process "breaks down" some of the **STARCH** in grains - and "decreases" **CARB** content.

OTHERS IN 'SURVEY'

(#2) = SOURDOUGH Bread -- (#3) = 100% WHOLE WHEAT Bread -- (#4) = OAT Bread

(#5) = FLAX Bread -- (#6) = 100% Sprouted RYE Bread -- (#7) = GLUTEN FREE Bread

BREAD Storage - To keep bread at its best, it's important to remember one rule: **"You do NOT want to put bread in the FRIDGE - ever!"** ... expert, Janjigian said. - "It is the worst possible thing you can do for bread - as it only speeds up the bread's staling process!" he said. => **FREEZING** is Ok, however.

MORE 'Healthy' Breads:

POTATO Bread -- BANANA Brea -- EZEKIEL Bread -- PUMPERNICKLE Bread

MY (2) Favorites [+ Peanut Butter]:

RUDOLPH'S BAKERIES / Toronto xx



(Bavarian Rye / Sourdough Bread)

DIMPFLMEIER BAKERY / Toronto



(Bavarian / Sourdough Bread)

