

La panification des farines à base graines germées process et intérêt nutritionnel

Richard Misso

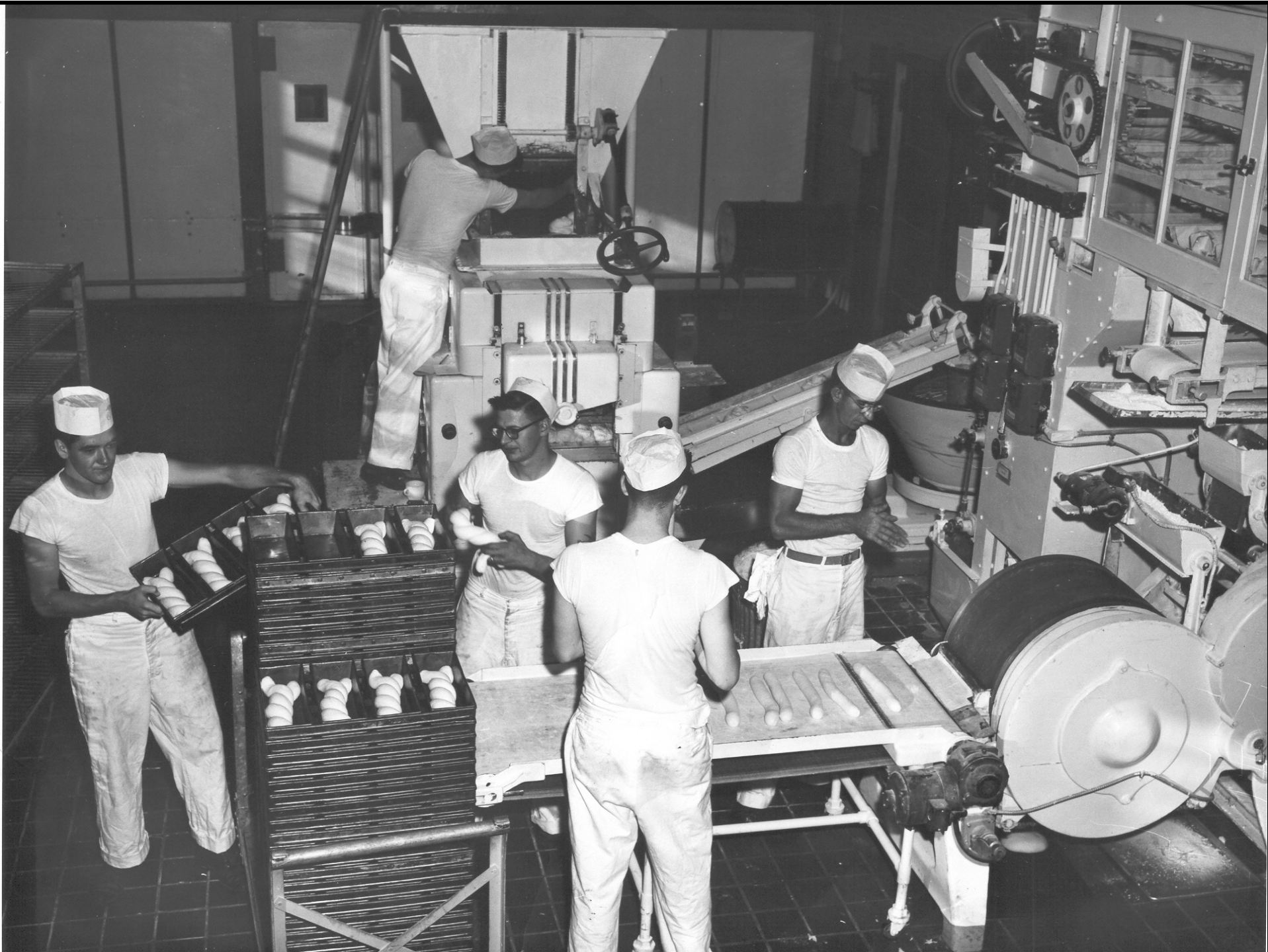
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7 February





A short history of baking in Amer





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What Are Sprouted Grain







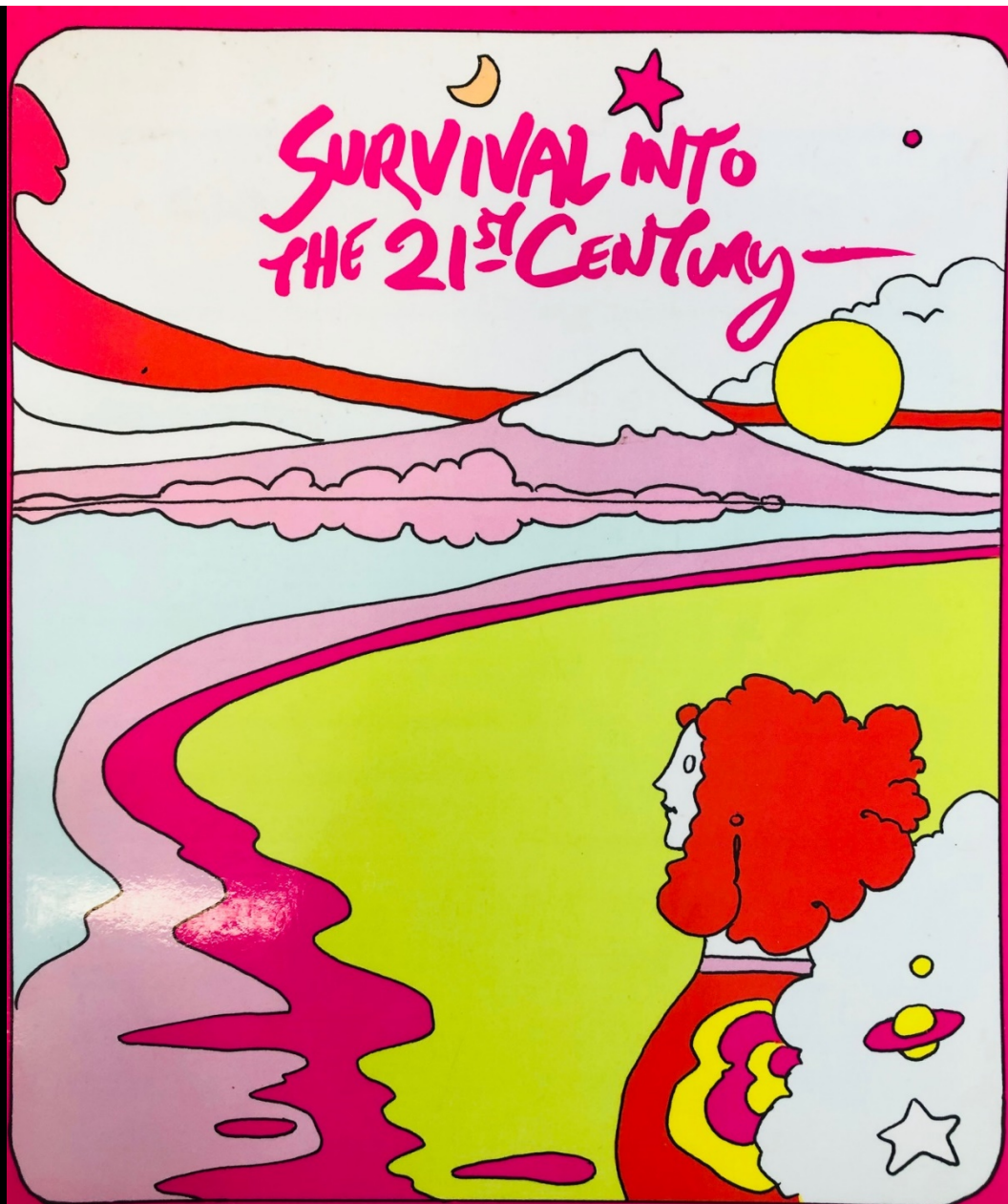


How To Bake With Sprouted Grain





100% Sprouted Grain Products



—PLANETARY HEALERS MANUAL—

BY VIKTORAS & KULVINSKAS, M.S.

COVER: PETER MAX ART: JEAN WHITE INTRODUCTION: DICK GREGORY







Breads with Sprouted Grain









Sprouted Grain Flo









Falling Number





LINDLEY MILLS, INC.

Established in 1755



100% ORGANIC

SUPER SPROUT
SPROUTED
WHOLE GRAIN WHEAT FLOUR
FOR
BAKING

Net Wt. 2 lbs (907g)



Nutritio

Increased nutrient bioavailability

Through the deactivation of phytic ac



Approximately 1/3 of the world's population suffers
from anemia or zinc deficiency

Other Nutritional Benefits of sprouting

- Vitamin increase (E and
- Increased enzymatic activ
- Proteins converted to amino aci



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