



# To Your Health Sprouted Flour Company





## Why Sprouted Grain Flours?

- Sprouting converts grains into a living food with more vital nutrients
- Nutrients more readily absorbed by the body
- Digested by the body as a vegetable not as a starch
- Enzymes are created that aid digestion
- Complex sugars broken down which reduces intestinal gases
- Potent carcinogens and enzyme inhibitors are neutralized
- Many wheat intolerable people find they can digest sprouted grains with no problems





## Nutrition Benefits of Sprouted Grain Flours

According to research done by the **University of Minnesota**, sprouting increases the total nutrient density.

- Vitamin B1 (thiamin) increase of 28%
- Vitamin B2 (riboflavin) increase of 315%
- Vitamin B3 (niacin) increase of 66%
- Vitamin B5 (pantothenic) increase of 65%
- Biotin increase of 111%
- Folic Acid increase of 278%
- Vitamin C increase of 300%
- Significant increase in amylase, lipase, and protease
- Helps with absorption of calcium, magnesium, iron, copper, and zinc





## Baking with Sprouted Flour

- Can substitute cup-for-cup in most recipes that contain fat: cookies, cakes, batter breads
- For low- and no- fat recipes add 1 Tablespoon of liquid per cup of sprouted flour
- For yeasted breads add 1 Tablespoon of liquid per cup of sprouted flour
- Storage (before nutrients begin to break down):
  1. Pantry – up to 6 months in airtight container in cool, dark, dry place
  2. Refrigerator – up to 10 months
  3. Freezer – up to 16 months







## How the Business Sprouted

- 2005 – Established in home kitchen
- 2006 – Opened commercial kitchen offering sprouted baked goods
- 2007 – Increased sprouted flour production/ decreased baked goods
- 2008 – Transitioned to 100% manufacture of sprouted grains and flours
- 2012 – Certified gluten-free facility and 40+ sprouted products





## Certifications Received



*Certified Organic*



*Certified Kosher*



*USDA Organic*



## Product Listings

### Sprouted Grains, Flours, and Legumes

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Corn (Yellow and Blue)
- KAMUT®
- Millet
- Oats (Groats and Rolled)
- Quinoa
- Rye
- Spelt
- Wheat (Red and White)
- Black Beans
- Garbonzo Beans
- Green Peas
- Lentils
- Mung Beans
- Sunflower Seeds



## Production

Raw grain received and stored in freezer.



Automated sprouting machine.







## Production

Also have manual sprouting capabilities.





## Production

Grain milled and bagged for large orders.



Small orders freshly milled and bagged for shipment.





## Summary

- We're growing fast.
- We're certified kosher and organic.
- Our process is evolving and improving.
- We're making the world a healthier place.

## The key to success

*"Eat a variety of all foods God made available to us in as pure a form as possible".*



## Thank you for your interest in To Your Health Sprouted Flour Company

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