

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

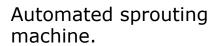
- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Corn (Yellow and Blue)
- KAMUT®
- Millet
- Oats (Groats and Rolled)
- Quinoa
- Rye
- Spelt
- Wheat (Red and White)

- Black Beans
- Garbonzo Beans
- Green Peas
- Lentils
- Mung Beans
- Sunflower Seeds



Production

Raw grain received and stored in freezer.













Production

Also have manual sprouting capabilities.





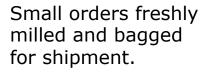






Production

Grain milled and bagged for large orders.













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

Peggy Sutton Founder and President To Your Health Sprouted Flour Co.

Website: www.organicsproutedflour.net

Address: 1138 Highway 82, Fitzpatrick, AL 36029

Phone:

877.401.6837 *(toll-free)* 334.584.7875

Email: sproutedlife@tyhsfc.com

