



*Sprouted Organic
100% Whole Grains
and Flours, Legumes,
Seeds and Snacks*

Gluten-Free Grains, Flours, Legumes, Seeds and Granola:

- Almonds (sprouted and packaged in separate facility)
- Amaranth
- Black Beans
- Blue Corn
- Brown Rice
- Buckwheat
- Garbanzo Beans
- Green Peas
- Lentils
- Millet
- Navy Beans
- Oats
- Popcorn
- Pumpkin Seeds
- Quinoa
- Sesame Seeds
- Simply Sprouted Granola (made and packaged in separate facility)
- Sorghum
- Yellow Corn
- Gluten-Free Baking Mix
- Gluten-Free Beer Bread Mix

Gluten Grains and Flours:

- Barley
- Einkorn
- KAMUT®
- Red Wheat
- Rye
- Spelt
- White Wheat
- Ancient Grain Baking Mix
- Beer Bread Mix



You can be assured To Your Health's sprouted grains and flours meet the highest quality standards of sprouting in the industry. Look for this logo to identify truly sprouted products on your grocer's shelves. We care about your health and your family's health.

About Us



At To Your Health Sprouted Flour Co., we're passionate about making true-sprouted grains and flours. Our sprouted flour is made from organic grains that are sprouted, dried at temperatures below 120°F, and stone-ground to maintain enzymes, vitamins and minerals produced during the sprouting process. For those who prefer to mill at home, you can purchase our sprouted grains for fresh flour every time you bake.

I hope you enjoy our artisanally produced organic sprouted grains and flours, legumes, seeds and snacks. Thank you for taking a look at To Your Health Sprouted Flour Co.'s products and good baking to you.

True Sprouted Flour
"Peace, Love, and Sprouted Flour Power!"

Peggy

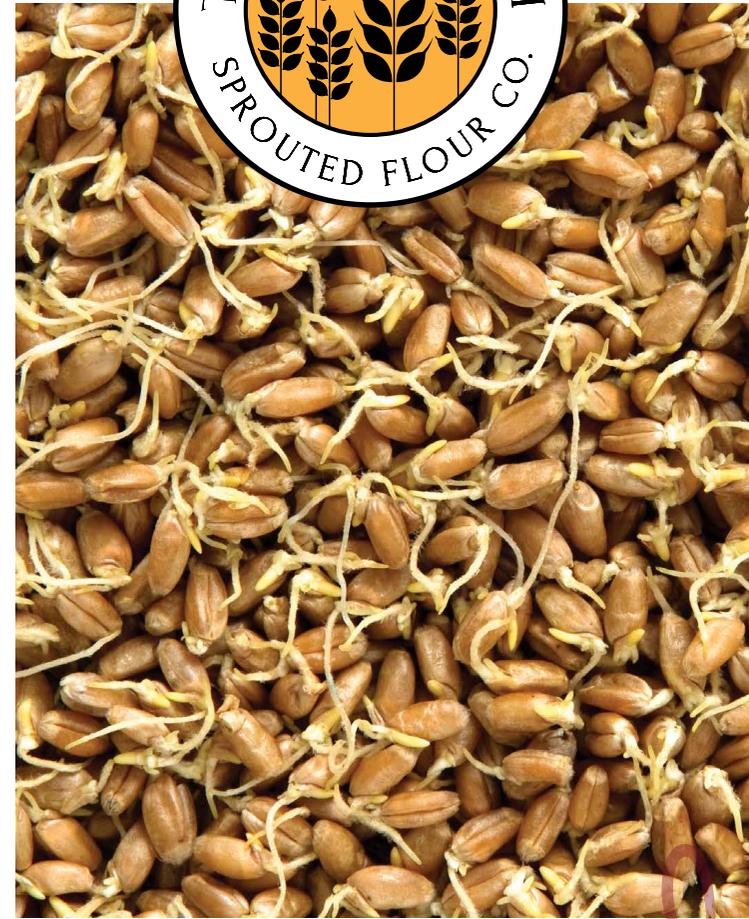
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Certified Organic by Oregon Tilth • Made in U.S.A.



Artisanal Sprouted Grain Products

www.healthyflour.com

Benefits of Sprouted Flour

- Sprouting makes grains more easily digestible
- Sprouting breaks down a portion of the starches in grains into simple sugars so your body can better digest them.
- Sprouting removes bitterness and enhances the unique taste of each grain.
- Sprouting increases the vitamins and minerals in grains.
- Sprouting turns the dormant seed into a living food.

Good foods for your family

- Nutrient-rich and delicious
- More easily digestible
- True Sprout Certified

You can trust our products are safe

- USDA Certified Organic
- Non-GMO
- Variety of gluten-free products
- AIB certified
- Certified Kosher

To Your Health
proudly offers you quality,
certified organic, true
sprouted grains and flours.



Get to Know Us



- We believe good health requires nutritious food
- We believe food should taste good and be good for you
- We are genuinely focused on your family's satisfaction
- We are here to make your baking experience a pleasure

Learn more about sprouted flour at www.healthyflour.com.
We welcome hearing from you.

Testimonials

Referring to his first attempt to bake bread with sprouted flour – "...I tasted quite possibly the best 100% whole wheat bread I'd ever had. No sugar or honey, no oil, no pre-ferment, and no long, extended fermentation – just flour, water, salt, and yeast. Suddenly, the artisan playbook no longer applied, and this was just my first attempt."
– Peter Reinhart, renowned baking author of *Bread Revolution* and instructor

"You are the BEST in my book! 20 years ago when I was first diagnosed gluten intolerant, there were NO gluten-free products to buy except for one loaf of bread in a local health food store... So, from one totally gluten-free gal, I shout a big THANK YOU SO MUCH! for all the hard work and effort you and your company have put into making gluten-free products available for us all!! YOU are simply the BEST in my book! – Carol

"My coworker's parents have owned their own bakery for 40 years and are very popular here in town. She said the bread I made with your flour was the best she ever had... WOW! Thanks again!" – Stacey

"Thanks so much for shipping your awesome flour to Canada! My order arrived yesterday and I have herb bread in the oven right now. I'll be back shopping for more." – Colette

Questions and Answers

What makes sprouted flour different from regular, un-sprouted flour? Whole grains are transformed into a living food when they are sprouted. Sprouted grains contain more nutrients that are more easily digested and absorbed in the body.

Does sprouted flour taste different than regular flour?

Yes, it tastes better. Sprouting removes the bitterness and enhances the distinct taste of different grains.

Can I use sprouted flour as a substitute for regular baking flour?

Yes, you can substitute sprouted flour for conventional flour cup-for-cup in most recipes. There are only subtle differences in low-fat recipes, such as in some yeasted breads, that would require slightly more liquid than your recipe lists. It is recommended that one tablespoon of additional liquid be added at a time until you reach your desired consistency.

Can I make pasta and pizza with sprouted flour?

Yes, you can use sprouted flour for pizza crusts and pasta. Be creative with a blend of different sprouted flours. Check our web site for lots of recipes.

What are the nutritional benefits of sprouted flour?

Sprouting increases vitamins, enzymes, and minerals in the flour and makes them more bio-available. Complex sugars and anti-nutrients are broken down, which makes digestion easier.

I have allergies. Are there ingredients in your sprouted grains and flours that I need to watch out for? Is there gluten in sprouted flour?

To Your Health Sprouted Flour Co. offers both gluten and gluten-free grains and flours. We are pleased to offer a wide variety of sprouted gluten-free flours produced in our dedicated gluten-free facility. We only handle organic whole grains so you can be assured that no chemicals, pesticides, synthetic fertilizers, or artificial preservatives are present in our products. We do not add to our flours or take away from them. We do not handle peanuts, tree nuts, soy, or any GMO grains in our production lines.



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