



# Why Sprouted

## HANDBOOK

PART 1



“When we began the bakery, the sole intent was to aid people in their quest for health,” reflects Brad. “We’re making one small piece of what a person needs in their entire diet. Helping people learn about food and basic health is very significant to their happiness. It gives me goosebumps, it makes me feel very fulfilled to know that all of the effort and all of the sacrifice that went into making Silver Hills what it is today is really contributing to someone’s happiness, and someone’s health.”

—Brad Brousson, Co-founder, Silver Hills Sprouted Bakery

## Our Beginning

When Silver Hills Sprouted Bakery co-founder Brad Brousson was a boy, his Mom baked bread for a friend who was ill. Believing the sprouted whole grains in her family recipe had more benefits than just a regular loaf of bread, it was her humble way to share her hopes for his healthy recovery.

Years later, after attending a health retreat at the Silver Hills Guesthouse, Brad’s Dad suggested he should bake some of the sprouted whole grain bread his Mom used to make for the other health guests there.

What began as a small gesture of shared health quickly sprouted into a full-time project as Brad baked up to 150 loaves a day in two home ovens trying to keep up with demand. And so, as the orders poured in for more of that sprouted whole grain bread, Brad partnered with friends Stan and Kathy Smith, and Silver Hills Sprouted Bakery came to be.

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# Is Sprouted Bread Better for You?

You want your family to eat healthy so you can feel good and enjoy a healthy, active life together, as long as possible.

Understanding the important ideas of healthy eating is an excellent place to start. But to make healthy eating a realistic part of your day-to-day life, you need easy options your whole family will eat, made with ingredients you can trust. And that means simple, nutritious, and tasty foods you can go back to, again and again.

Thankfully, that's not as tall an order as it sounds. From toast to sandwiches, bread is a staple you and your family already love. And choosing a more nutritious version of it is the simplest swap you can make. Without changing your routine or learning to like something uncomfortably different or new, you can make a positive impact on your health and the health of your family.

Our Why Sprouted Handbook will give you everything you need to know about why sprouted whole grain bread is a better-for-you choice you can feel confident making every day.

## Why is sprouted bread better?

History suggests people have been baking with sprouted whole grains for thousands of years. That's likely because broad access to milled flour is a more recent luxury in the context of time—and it's much easier to mash grains softened by sprouting than it is to grind your own flour by hand from hard, dried grains if you don't have a miller nearby.

But even as refined flour became one of the most basic pantry staples, the belief that bread made from sprouted whole grains is somehow healthier has been kept alive through family recipes.

As it turns out, there's more to that belief than tradition and intuition. A significant and growing body of scientific evidence shows that sprouted whole grains offer several meaningful nutritional and health benefits.





# Whole Grains are Healthy

There's no question that whole grains are good for you. From Canada<sup>1</sup>, the USA<sup>2</sup>, and around the world, dietary guidelines all agree—everyone should be eating more whole grains. (And most of us aren't eating nearly enough of them!<sup>3</sup>)

Whole grains are a source of important nutrients, including dietary fibre, B vitamins, iron, zinc, manganese, magnesium, copper, phosphorus, selenium, and vitamin A.<sup>4</sup> And eating a diet rich in high-fibre foods including whole grains can reduce risk of stroke, colon cancer, heart disease, and type 2 diabetes.<sup>5</sup>

## What are Grains?

Grains are the edible seeds of cereal grasses and a selection of non-cereal plants.

### Cereal grains include:

- **The wheat family**  
Including spelt, farro, kamut, khorasan, red fife, einkorn, bulgar, barley, rye, triticale, and other varieties
- **All types of rice**  
From long grain to short grain; brown, black, purple, and other colours
- **Corn**  
All colours. And yes, popcorn is a whole grain!

### Oats

- Sorghum
- Millet
- Teff
- Fonio  
And grains from other cereal grasses

### Non-cereal grains include:

- Quinoa
- Amaranth
- Buckwheat
- Wild rice

Oilseeds and legumes (like flax, chia, sunflower, etc.) are not considered grains by definition, though they're packed with nutrition, deliciously healthy, and partner well with whole grain ingredients in bread and baked goods of all types!

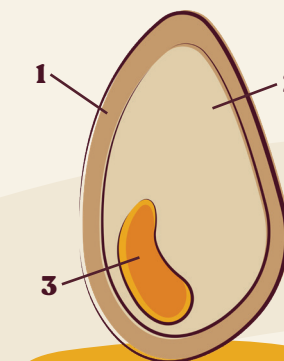
## What Makes a Whole Grain?

All parts of the grain—the bran, germ, and endosperm—must be included in the same proportion as they are in the grain before any processing is done.<sup>6</sup> As long as all the parts are there, grains can be rolled, flaked, crushed, cracked, ground, sprouted, or cooked and be considered whole grains.

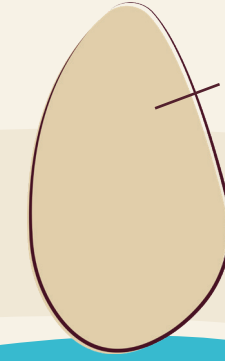
## What are Sprouted Whole Grains?

Sometimes called germinated whole grains or malted whole grains, a sprouted whole grain is one that's been soaked and allowed to sprout. When the tail of the sprout (the radicle) has emerged from the seed and has grown no longer than the length of the seed kernel, it's officially considered a sprouted whole grain (this is the stage we sprout our grains to before turning them into dough).

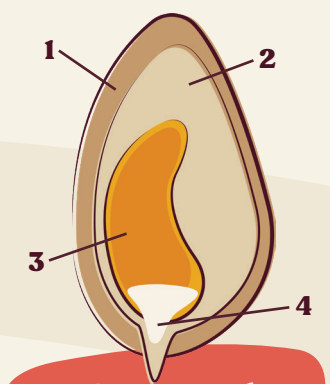
# The Anatomy of Grains



Whole Grain



Refined Grain



Sprouted Whole Grain

## 1 Bran<sup>7</sup>

- **Most of the fibre** (soluble and insoluble) in a whole grain
- **Most of the iron**
- **Some protein**
- **B vitamins and minerals** (zinc, copper, magnesium)
- **Antioxidants** (carotenoids, anthocyanins, isoflavonoids, vitamin E)
- **Phytic acid**

## 2 Endosperm

- **Most of the starches in a grain** (80-85%)
- **Some protein**
- **Antioxidants** (carotenoids, flavonoids, vitamin E, selenium)

## 3 Germ

- **Most of the protein in a whole grain**
- **Most of the fats** (unsaturated fats, including Omega-3 ALA, Omega-6)
- **Some fibre**
- **B vitamins**
- **Vitamin E**
- **Minerals**
- **Phytosterols**

## 4 Embryonic Axis

- **The root (radicle) emerges from here once the seed begins to sprout**

## What happens when whole grains are sprouted?

Give a whole grain the right conditions, and one of nature's oldest processes makes a good thing even better. As a whole grain wakes up and starts to sprout, the new plant begins to use the nutrients stored inside all three parts of the grain to grow.

Proteins become amino acids. Starches break down. Fibre changes. Protected vitamins, minerals, and antioxidants are released or increase. The grain gets softer, less bitter, and a whole lot better for making bread.

# Sprouting makes what's already healthy about whole grains even better. Naturally.

It makes sense that conventional breads and baked goods made from refined white flour are enriched to make up for nutrients lost in processing, because most or all of the nutrient-rich bran and germ is removed.<sup>8\*</sup>

But conventional whole wheat and whole grain bread products are enriched, too. Why? With whole wheat flour, up to 5% of the grain can be lost in processing<sup>9</sup>, usually parts of the bran and germ, so it's fortified like white flour.

But even when 100% of the grain is used, there's another reason to enrich conventional whole grain breads. Whole grains (like all seeds) have natural defenses that help keep the nutrients safely stored inside until conditions are right for a new plant to grow. Scientists call these defenses antinutrients<sup>10</sup> because they make it harder for your body to use the nutrients whole grains are known for—especially zinc and iron.

## What are antinutrients?

Chemical compounds naturally found in grains and seeds that protect the nutrients stored inside.

### Antinutrients include:

- **Phytate / phytic acid**  
Blocks your ability to absorb zinc, iron, and phosphorous in whole grains
- **Trypsin inhibitor**  
Makes it harder to digest proteins in whole grains<sup>11</sup>
- **Tannins**  
Make it harder to digest proteins in whole grains with higher tannin content<sup>12</sup>

## Three ways sprouting makes the whole grain nutrition in sprouted bread better:



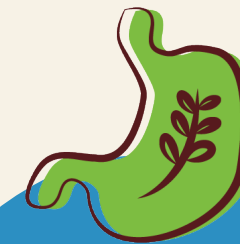
### Nutrition that's easier for your body to use

Sprouting harnesses one of nature's oldest processes to make the nutrients found in whole grains easier for your body to use.

Sprouting—the early growth of a plant—breaks down antinutrients that protect the vitamins and minerals stored in every seed (see sidebar p.6). As the sprouting process breaks down phytate, nutrients like iron, magnesium, zinc, phosphorous, B vitamins, and other important vitamins and minerals<sup>10,12</sup> are unlocked.

Sprouting increases antioxidant activity and polyphenol content in whole grains, too.<sup>3,13</sup> Which antioxidants and by how much depends on the type of grain and how long it's sprouted. Sprouted whole grain wheat also has higher folate content than non-sprouted wheat<sup>14</sup>.

**And all of that means you and your family get even more nutritional value from sprouted whole grains than you get from unsprouted ones.**



### Easier to digest

As a new plant starts to draw on the proteins and starches stored in a seed, it uses enzymes to break these down into amino acids and simpler carbohydrates to fuel its growth<sup>10</sup>. This makes sprouted whole grains and seeds easier to digest for people, too!<sup>15</sup>

Beyond breaking down proteins and starches into easier to digest forms, sprouting changes the type (insoluble and soluble) and total amount of fibre in whole grains<sup>12</sup>. As the fibre changes, it acts as a prebiotic<sup>16</sup> to help support friendly bacteria in your digestive system, making sprouted grains even more gut-friendly.

Sprouting also reduces gluten content in whole grains<sup>17,12</sup>.

**Sprouted wheat still contains gluten, well above levels considered safe for celiacs**, but some people find sprouted wheat breads easier to digest.



### Steady energy for active lives

Whole grains are high-energy foods, rich in fibre and important vitamins and minerals. Compared to refined grain foods, the complex carbohydrates in whole grains serve up energy for longer. In a time when sugar-bashing is almost a sport, sprouted whole grains offer a healthy, slow-release carb contrast to refined carbs.

Some studies suggest sprouted whole grains may have a lower impact on glycemic response than even their unsprouted whole grain counterparts<sup>3</sup>. That means they can give you steady energy to help your body keep up with your full life!





# Slice by Slice Comparison

## How does sprouted whole grain bread stack up to conventional?

It's hard to make a fair comparison between products when you're standing in a busy bread aisle. To help you understand how sprouted whole grain breads stack up to conventional, we made this comparison.

Using USDA Standard Reference Foods for commercially prepared multigrain bread, ingredients averaged from a broad sample of similar products, and a gram-for-gram equivalent serving size (80g, 2 slices). Here's what's different—and the same—when you start your sandwich with sprouted whole grain bread vs conventional multigrain bread.

### What's (about) the same per 2-slice serving:

- ±200 calories
- Whole grains in the top half of the ingredients list
- Sodium, potassium, and phosphorous
- Iron, niacin (vitamin B3), and vitamin B6

### What sprouted multigrain bread does better, naturally—no fortification required:

- Higher fibre
- Lower total sugars
- More riboflavin (vitamin B2), thiamine (vitamin B1), and pantothenate (vitamin B5)
- More selenium and magnesium
- Cultured wheat flour and sea salt are the only natural preservatives

### How fortification and other ingredients impact conventional multigrain bread's nutrition facts:

- Folic acid is an added nutrient in many enriched wheat flours

### USDA Food Data Central

Multi-grain Bread (includes whole-grain): Standard Reference

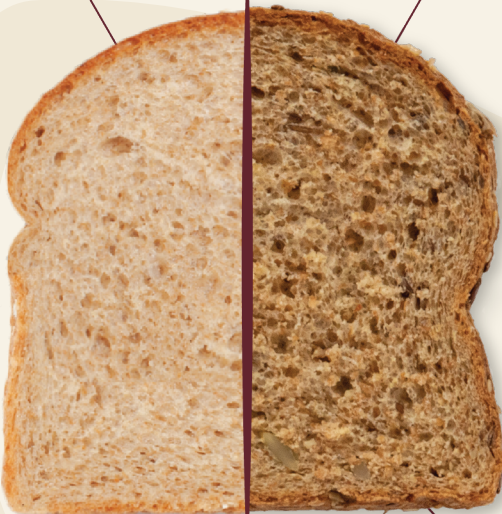
Nutrition Facts	
Per 2 Slices (80g)	
<b>Calories 212</b>	<b>% Daily Value*</b>
Fat / Lipides 3 g	5 %
Saturated Fat 0.7 g	3 %
+ Trans Fat 0 g	
Total Carbohydrate 35 g	
<b>Dietary Fibre 6 g</b>	<b>21 %</b>
Total Sugars 5 g	5 %
Protein 11 g	
Cholesterol 0 mg	0 %
Sodium 305 mg	13 %
Potassium 184 mg	5 %
Calcium 82 mg	6 %
Iron 2 mg	11 %
<b>Thiamin 0.22 mg</b>	<b>19 %</b>
<b>Riboflavin 0.10 mg</b>	<b>8 %</b>
Niacin 3 mg	20 %
Vitamin B6 0.210 mg	13 %
Folate - 35 µgDFE	12 %
<b>Pantothenate 0.3 mg</b>	<b>5 %</b>
Phosphorous 182 mg	15 %
<b>Magnesium 62 mg</b>	<b>15 %</b>
Zinc 1.36 mg	12 %
<b>Selenium 26 µg</b>	<b>48 %</b>
Copper 0.23 mg	25 %
Manganese 1.6 mg	70 %

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

Enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), Water, Whole grains (rye, wheat, millet, buckwheat, oats, barley, triticale, quinoa, amaranth, sorghum), High fructose corn syrup, Wheat gluten, Sunflower seeds, Yeast, Soybean oil, Honey, Salt, Sesame seeds, Corn grits, Grain vinegar, Calcium sulfate, Rice, Calcium propionate (preservative), Flaxseed, Datem, Monoglycerides, Monocalcium phosphate, Cornstarch, Soy lecithin, Potassium iodate.

## Sprouted Multigrain Bread VS. Conventional Multigrain Bread



### Silver Hills Bakery

Full Seed Ahead® Bread

Nutrition Facts	
Per 2 Slices (80g)	
<b>Calories 200</b>	<b>% Daily Value*</b>
Fat / Lipides 4.5 g	6 %
Saturated Fat 0.5 g	3 %
+ Trans Fat 0 g	
Total Carbohydrate 34 g	
<b>Dietary Fibre 9 g</b>	<b>32 %</b>
Total Sugars 4 g	4 %
Protein 12 g	
Cholesterol 0 mg	0 %
Sodium 310 mg	13 %
Potassium 175 mg	4 %
Calcium 100 mg	8 %
Iron 2 mg	11 %
<b>Thiamin 0.35 mg</b>	<b>29 %</b>
<b>Riboflavin 0.15 mg</b>	<b>12 %</b>
Niacin 3.5 mg	8 %
Vitamin B6 0.225 mg	13 %
Folate - 35 µgDFE	9 %
<b>Pantothenate 0.8 mg</b>	<b>16 %</b>
Phosphorous 175 mg	14 %
<b>Magnesium 80 mg</b>	<b>19 %</b>
Zinc 1.5 mg	14 %
<b>Selenium 29 µg</b>	<b>53 %</b>
Copper 0.28 mg	31 %
Manganese 1.4 mg	61 %


\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

Organic sprouted grains (whole grain wheat, whole grain oats), Water, Organic sprouted flour blend (khorasan flour, rye flour, chickpea flour), Organic seeds (flaxseeds, pumpkin seeds, sunflower seeds, sesame seeds), Organic vital wheat gluten, Sugars (organic cane sugar and/or organic oat syrup), Yeast, Sea salt, Organic cultured wheat flour, Enzymes, Ascorbic acid.



# Why Sprouted

HANDBOOK  PART 2



“When we began the bakery, the sole intent was to aid people in their quest for health,” reflects Brad. “We’re making one small piece of what a person needs in their entire diet. Helping people learn about food and basic health is very significant to their happiness. It gives me goosebumps, it makes me feel very fulfilled to know that all of the effort and all of the sacrifice that went into making Silver Hills what it is today is really contributing to someone’s happiness, and someone’s health.”

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# What is Sprouted Bread?

While there are many different recipes for sprouted bread, they all share one thing in common—they’re made from sprouted whole grains.

## How is sprouted bread different?

If you’ve ever made bread or yeasted baked goods (or you’ve watched them being made), you know that even the simplest bread takes time. From mixing, to kneading, to rising, to resting, there’s a lot that happens before the dough is ready for the oven.

Conventional breads start with four basic ingredients: flour, water, yeast, and salt—then whatever additional ingredients added to make the flavour and texture of the finished loaf interesting.

The same basic recipe holds true for sprouted whole grain breads, except for two key differences:

### 1 Sprouted whole grains make up the base of the dough, not flour

At Silver Hills, sprouted whole grains are always the first ingredient. Traditionally, sprouted whole grain breads use only mashed sprouted grains. Beyond a dusting used for kneading and shaping, little to no flour is needed to make an array of textures and flavours, from hearty, chewy loaves, to soft and tender slices. To extend the range of textures into fluffier territory, some sprouted bread recipes mix sprouted whole grains up to a 50/50 blend of whole grain flour, or flour made from sprouted whole grains.

### 2 You need to start making sprouted whole grain bread a lot earlier!

While you can have a conventional loaf of bread ready by dinner if you get the urge to bake mid-morning, sprouted whole grain breads can’t be whipped up on a whim. Soaking and sprouting whole grains can’t be rushed!





# How is Sprouted Bread Made?

Whether you're making it at home, or at the scale we make it with the help of dozens of bakers per day at our bakery in Abbotsford, British Columbia, sprouted whole grain bread is made with the same four main steps:

1



## Clean + Rinse

It can be a long journey from the grain harvest to your kitchen or our bakery, so whole grains need extra care before they're ready to sprout.

Whole grains like wheat can have bits of chaff, dirt or other small bits from the field, whether you buy them by the bag from your local store's shelf, or by the truck load like we do for the bakery. That means cleaning, sifting, and sorting the grains before rinsing them again to make sure they're as clean as can be.

2



## Soak + Drain

Every type of grain has its own sprouting schedule, but they all start with a soak in clear, fresh water at just the right temperature and for just as many hours as they need to sprout.

The soaking and sprouting process can take more or less time, depending on anything from how dry the grain is when you start soaking it, to how warm or humid your kitchen (or our bakery) is. But even though there's no set-in-stone schedule, you don't have to guess—the grain will tell you when it's ready. When you can see the sprout's tail emerging from the kernel, that lets you know the grain's enzymes are fully active, and it's time to make the dough.

3

## Mash Dough + Add Ingredients

Once the sprouted whole grains are ready, the work of making the bread can finally begin. Rather than measuring out flour and adding water, the next step in making sprouted bread is to make a mash from the sprouted whole grains. Then mashed grains are mixed with yeast (plus little something sweet like raisin or apple purée to wake it up), salt, and a selection of other ingredients—like seeds, seasonings, or other grains—that make one sprouted bread recipe unique from another.

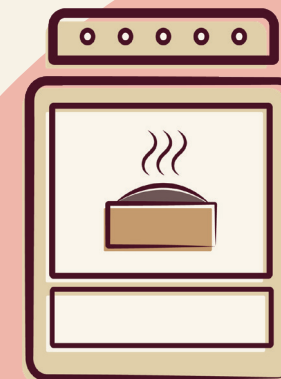
Just like other yeast-raised breads, sprouted whole grain bread dough needs time to rise before being shaped, rolled in delicious toppings, then rested to rise again before it's ready to bake.



4

## Bake + Enjoy

Loaf pans of dough made with sprouted whole grains and a simple list of ingredients are loaded into the oven and baked, just like conventional bread. The hardest part of the baking? Waiting long enough for the bread to cool before you slice it in a kitchen or bakery filled with the sweet aroma of freshly baked bread.



# Making Sprouted Bread at Home

The process of making sprouted bread was perfected over centuries in home kitchens, using only the simplest tools, patience, and a pair of hands.

Silver Hills Sprouted Bakery began with a humble loaf of sprouted whole grain bread, made by hand with care from a family recipe, passed down from mother to son, and shared with a community.

And that means you definitely don't need a kitchen full of special equipment or fancy kitchen tools to make sprouted whole grain bread at home. All you need are:

- Some large bowls for soaking, sprouting, and mixing the dough
- A food processor (or a hand-cranked meat grinder) to mash the sprouted grains
- A clean surface for kneading and shaping, and
- Loaf pans for baking

While there is some art in perfecting the process and recipe for sprouted whole grain bread, it is absolutely possible to make light, tender loaves entirely from sprouted grains, right in your own home.



## What about sprouted flours?

If you keep all the parts of the grain when you process it, 100% whole grain flour still counts as whole grain, nutritionally-speaking. And the same is true for flour made from sprouted whole grains.

While bread made from sprouted whole grain flour doesn't have the same textural qualities as bread made from mashed sprouted whole grains, using flour made from sprouted whole grains is an easy way to incorporate the benefits of sprouted grains into your own baking. Sprouted whole grain flours give you the goodness of sprouted whole grains without the time commitment of sprouting whole grains yourself.

## How to use sprouted flour in your favourite recipes

Swap sprouted whole grain flour anywhere you'd use conventional whole wheat flour in your favourite bread, muffin, pancake, or cookie recipes.



## Making sprouted bread at scale

Every ingredient you'll find in Silver Hills Sprouted Bakery breads is something you could use or make in your own kitchen at home. The only real difference between making sprouted bread at home and making it in a bakery is the size of the mixing bowl!

Where the home baker uses mixing bowls for soaking and sprouting whole grains, a 3 to 5 cup food processor or meat grinder for mashing them, and their hands or a countertop stand mixer for mixing and kneading the dough, everything in an industrial scale bakery is just...bigger.

But even though we use very large containers instead of bowls for soaking and sprouting, our mixers are big enough to stand in, and we have more ovens (and more cooling racks!), one thing stays the same—whole grains sprout on their own schedule.

Baking sprouted whole grain bread at scale comes with many unique challenges that bakeries making conventional bread don't have. From start to finish, a loaf of sprouted whole grain bread takes more than two days to make, with over 24 hours dedicated to soaking and sprouting alone.

We've had over 30 years to develop and perfect specialized and proprietary processes that make our sprouted breads beloved by families like yours. And we think every minute that goes into each loaf is worth it.



## TIPS

## How To Store Sprouted Bread

Most conventional sliced breads use preservatives like potassium sorbate, calcium propionate, and sodium benzoate to help them stay fresh and mould-free longer. Silver Hills Sprouted Bakery breads use cultured wheat flour as the only preservative, so they have a shorter shelf life at room temperature than conventional sliced breads.

**Stored on the counter, our products are good for 9 days (or to the best before date).**  
**To enjoy every slice in your bag of sprouted whole grain bread at its freshest, follow these tips:**

1

If you can use the whole loaf in a week, store on the counter—but not on top of the fridge. (The top of the fridge gets extra warm, so bread spoils faster there)

2

Don't store sprouted bread in the fridge—it dries out faster than the counter or the freezer

3

If it takes longer to use a loaf, store in the freezer for up to 3 months

- If toasting or grilling, do so from frozen! (Slices stuck together? Wait 10 minutes or microwave 20 seconds to separate)
- For soft slices, thaw in the bag for 1 hour (only thaw what you need).
- Need soft slices faster? Remove from the bag and microwave for under 30 seconds (less time is better!)





## What Does Sprouted Bread Taste Like?

Want the secret to the best grilled sandwich you'll ever eat?

**Use sprouted whole grain bread!**

Why? Sprouting brings out the natural sweetness in whole grains, as the sprout turns stored starches into simpler sugars to fuel its growth. Sprouted whole grains caramelize better than unsprouted whole grains. Because of their natural sweetness, they brown beautifully when baked, with a molasses-like richness in the crust<sup>1</sup>. Grilling unleashes the full crispy, nutty, golden-brown glory of sprouted whole grain bread!

**Bonus: Because of this natural sweetness, sprouted whole grain breads can be made with less added sugar than conventional breads<sup>2</sup>.**

(Sprouted whole grains also become less bitter as antinutrients like phytic acid and tannins break down, too.)



## How do people describe the flavour of sprouted bread?

**Fruity. Malted. Honeyed. Roasted. Nutty.**

These are only some of the words people use to describe the taste of sprouted whole grain breads<sup>3</sup>.

Sprouted whole grain breads have a subtle sweetness and more complex flavour profile. Why? Because the sprouting process changes the phenols, flavonoids, and other natural compounds that give foods flavour<sup>1</sup>. Sprouting really does bring out the best in whole grains!





# What Silver Hills Sprouted Bakery Bread is Best for Your Family?

Our sprouted breads span a full spectrum of flavour and texture. From soft and smooth to hearty and chewy, from no seeds or visible whole grains, to slices stuffed and topped with crunchy, chewy whole grains and seeds, and from mild to robust flavour—there's a sprouted whole grain bread for everyone!

## A few of our sprouted products at a glance



**Organic Soft Wheat**  
Our softest recipe!



**Little Big Bread**  
55 calories per slice



**Omegamazing**  
800mg Omega-3 ALA



**The Big 16**  
16 whole grains  
& seeds



**Squirrelly**  
Sesame &  
sunflower seeds



**Big Red's Bread  
Heritage Grain**  
21 organic ancient

Use the Wheel of Flavour  
to Find Your favourite!





# Try Sprouted

HANDBOOK

PART 3





“When we began the bakery, the sole intent was to aid people in their quest for health,” reflects Brad. “We’re making one small piece of what a person needs in their entire diet. Helping people learn about food and basic health is very significant to their happiness. It gives me goosebumps, it makes me feel very fulfilled to know that all of the effort and all of the sacrifice that went into making Silver Hills what it is today is really contributing to someone’s happiness, and someone’s health.”

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# Sprouting at Home

The nutrition-enhancing and flavour-improving benefits of sprouting aren't limited to the whole grains in your bread. They also apply to sprouts you can serve on your sandwiches and salads, too!

If baking your own sprouted whole grain bread at home is beyond your culinary comfort zone, try a friendlier sprouting DIY. Growing your own fresh sprouts at home is easier than the classic bean-in-a-cup STEM experiment—and far tastier!

Every type of seed and grain sprouts on its own schedule. But that doesn't mean sprouting at home is complicated. All you need are a few simple tools, a few basic rules, and our handy Sprouting How-to Guide to the most common, easy-to-find—and deliciously simple—seeds and grains to sprout at home.

## Sprouting and food safety

Sprouts are a delicious addition to a healthy diet and sprouting at home is an easy way to add freshness and variety all year round.

Fresh sprouts can have some risk of foodborne illness. **If you have a weakened immune system, are immunocompromised, elderly, a young child, or you are pregnant, it's best to avoid eating fresh sprouts.** Why? Because the same warm, humid growing conditions sprouts need are also ideal for bacteria like E. coli, Salmonella, and Listeria.

### To reduce food safety risk, you can do two things:

1. Follow the 7 Basic Rules for Sprouting at Home.
2. Get your seeds for sprouting from a reputable source that specializes in seeds for sprouting.

\*While much of the food safety risk can be reduced through safe food handling, some of the risk comes on the seeds themselves!. Look for a sprouting seed supplier who has their seeds tested for pathogens (like Mumm's Sprouting Seeds)

1

### Wash your tools. And hands.

Whether you're using a simple jar with cheesecloth, or a stacking set for serious sprouting, make sure every tool you use for soaking and sprouting is squeaky clean. Including your hands.

7

## basic rules for sprouting at home

2

### Use clean water.

Only use water you feel safe and happy drinking to soak and rinse your sprouts. If your tap water is so hard or heavily chlorinated that you'd filter it, or your water must be boiled before it's safe to drink, treat your water first.

3

### Rinse well.

Before you soak them, rinse your seeds well. After soaking, rinse and drain your sprouts well every 12 hours (at least twice a day). In summer—or if you live somewhere hot—rinse every 6 hours. Use cool water (not ice cold, and no hotter than lukewarm).

4

### Drain completely.

After every rinse, drain your sprouts completely. You don't want the ones at the bottom sitting in a puddle. Your sprouts need to be clean and moist—not soaking wet—to sprout safely.

5

### Use your senses.

If your sprouts smell at all musty, appear mouldy\*, feel slimy or anything less than fresh and firm, toss them!

6

### Enjoy fresh, store cold.

Sprouts are best at their freshest—use them as soon as they're ready if you can! Store them in the fridge following the tips in the How to Store Sprouts section below.

7

### Make only what you can use.

Only sprout as much as you can use up within the storage time. To avoid wasted sprouts, use the seed-to-sprout volume as a guide (some of the smallest seeds make a surprisingly large amount of sprouts!).

\*Broccoli is one of a few seeds that sprout fine, hair-like roots that can look like mould. Unless your seed makes a specific note about hairy root structures, treat all other furry sprouts with suspicion!





# What to Sprout?

Seeds, grains & legumes

## alfalfa



<b>Soak Time</b>	4 - 8 hours
<b>Sprout Time</b>	4 - 5 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 3 cups

## radish



<b>Soak Time</b>	4 - 6 hours
<b>Sprout Time</b>	4 - 5 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 3 cups

## quinoa



<b>Soak Time</b>	2 - 4 hours
<b>Sprout Time</b>	2 - 3 days
<b>Store Time</b>	7 - 10 days
<b>Yield</b>	1 Tbsp = 1/2 cup

## broccoli



<b>Soak Time</b>	2 - 3 hours
<b>Sprout Time</b>	4 - 5 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1 cup

**Tips:** Drain well, and note the short soak. Roots can get fuzzy (this hairy white texture is not mould!). Rinse well and often while sprouting.

## clover



<b>Soak Time</b>	4 - 8 hours
<b>Sprout Time</b>	4 - 5 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 3 cups

## lentils



<b>Soak Time</b>	4 - 8 hours
<b>Sprout Time</b>	2 - 3 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1/3 cup

**Tip:** Red lentils (the quick-cooking kind used for dahl) don't sprout as well as firmer types, like green, crimson, or black.



## red spring wheat

<b>Soak Time</b>	6 - 12 hours
<b>Sprout Time</b>	2 - 3 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1/3 cup

**Tip:** For softer wheat berries, soak for 24 hours instead of sprouting. Unlike other sprouted seeds that are best enjoyed fresh, soaked wheat berries freeze well for use in hot breakfast cereals or smoothies. Sprout wheat or spelt a day or two longer for a sproutier experience.



## spelt kernels

<b>Soak Time</b>	6 - 12 hours
<b>Sprout Time</b>	2 - 3 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1/3 cup

**Tip:** This photo shows spelt at stage we sprout our grains to when making bread (or the salad on page 10).



## chickpeas

<b>Soak Time</b>	6 - 10 hours
<b>Sprout Time</b>	1 - 3 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1/3 cup

**Tip:** Rinse often while sprouting. Chickpea sprouts are ready when they have a short tail, as early as 12 hours after soaking. Longer sprout times can cause chickpeas to develop a musty flavour (Avoid sprouting beyond 3 days).



## green peas

<b>Soak Time</b>	4 - 8 hours
<b>Sprout Time</b>	2 - 3 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1/3 cup



## mung beans

<b>Soak Time</b>	6 - 8 hours
<b>Sprout Time</b>	2 - 5 days
<b>Store Time</b>	5 - 7 days
<b>Yield</b>	1 Tbsp = 1/3 cup

sprouted in the dark



## mung beans

sprouted in the light

**Tip:** Best sprouted in the dark. (Sprouting in darkness helps mung bean sprouts develop a thicker, crunchier white sprout).



## Sprouting Tools

Like most things in the kitchen, there's a range of ways to achieve the same results. What tools you choose usually depends on how much you want to spend, and how much space you have in your kitchen for single-purpose stuff!

Luckily, dabbling in the satisfying world of sprouting is about as cheap and cheerful a kitchen experiment as it gets. All you need to get started:

- Seeds suitable for sprouting
- A clean jar
- A rubber band (or mason jar ring)
- Cheesecloth

That's it! Sure, there are special mason jar lids, from mesh toppers to pair with a wide mouth ring, to all-in-one plastic options. And serious sprouters sometimes choose stacking trays designed for sprouting. But as long as you keep your tools clean and use a fresh square of cheesecloth for each batch you sprout, you can sprout as much and as often as you want with the simplest set-up there is.



## How to Use Sprouts

You can use fresh sprouts anywhere you'd use lettuce—and then some! Try them in recipes like our West African Spiced White Bean and Sprouted Lentil Dip or our Sprouted Wheat Berry and Kale Salad. Or experiment with ideas from this get-started list:

- **Add sprouts to salads** (variety rules!)
- **Stack sprouts in sandwiches** (trade lettuce for texture!)
- **Pile sprouts onto burgers** (add contrast and crunch!)
- **Blend sprouts into smoothies** (good for green monsters—or sneaky greens!)
- **Serve sprouts as a breakfast cereal** (try sweet sprouted wheat or spelt berries!)
- **Toss sprouts in stir-fries** (mung bean sprouts are a stir-fry staple!)
- **Mix sprouts into spreads** (swap sprouted for canned chickpeas in hummus!)
- **Swirl sprouts in soups** (bean sprouts are soup stars from Vietnam to Thailand!)
- **Snack on sprouts, straight-up** (sprouted peas shine next to carrot sticks!)

## TIPS: How to Store Sprouts

After you follow all 7 Basic Rules for Sprouting at Home, it's important to be just as careful storing your fresh sprouts.

### 1 Drain sprouts well and let them dry after their last rinse.

Before you put them in the fridge (below 4.4°C or 40°F), sprouts should be completely dry.

### 2 Transfer sprouts to a clean, dry container.

Use clean tongs or clean hands to transfer your sprouts from your sprouting vessel into a clean, dry, airtight one.

### 3 Use within 4 – 6 days

Don't use sprouts past the recommended storage range in the Sprouting How-to Guide.

## TIPS: Sprout Usage

Fresh sprouts offer a range of textures and flavours—how you mix and match them is limited only by your personal taste and imagination! Whether you use them raw or cooked, here are our top 3 tips for using fresh sprouts:

**1 Fresh is best.** Use your sprouts as close to their peak as possible. For taste and safety.

**2 Taste test.** Some sprouts are sweet. Some sprouts are spicy. And some sprouts don't taste as much like their cooked or fully-grown counterparts as you'd expect! Before you commit to a dish with a new-to-you sprout, taste first to avoid surprises. (We'd have never guessed how sweet sprouted wheat berries are, or how spicy onion or radish sprouts can be until we tasted them!).

**3 Mix it up.** Sprout seed suppliers sell blends of sprouts that pair well together, from sandwich blends, to crunchy bean mixes, to super spicy selections not for the faint of heart. Once you discover what you like best, you can blend your own! (Try sprouting them separately or together).





## RECIPE

### West African White Bean & sprouted lentil dip

Zest up your week with this make-ahead, versatile dish. Prepare our West African Spiced White Bean and Sprouted Lentil Dip on Monday. You can serve it at lunch on Tuesday as an appetizer, spread across our Sprouted Organic Ancient Grain The Queen's Khorasan™ toast, make a tasty sandwich to take for lunch on Wednesday, and polish it off as a satisfying snack on Thursday. Lentils are high in protein and fibre, and this recipe calls for sprouted lentils, which are easier to digest. This tangy, spiced spread is balanced and full of flavour—sure to leave every tummy satisfied.

#### Ingredients

##### For the White Bean and Sprouted Lentil Base Dip:

- 1 cup cooked white beans (we cooked dry beans)
- 1 cup sprouted white or green lentils
- 4 Tbsp olive oil
- ½ lemon, juiced (or 1 Tbsp lemon juice)
- 1 ½ tsp onion powder
- 2 tsp salt (or to taste)
- 2 tsp fresh ground pepper
- ¼ cup non-dairy sour cream
- ¼ – ½ cup vegetable stock, as needed for thinning

##### For the West African Spiced Seasoning and Texture:

- ½ cup sprouted lentils, chopped
- ½ cup shredded carrot
- 1 Tbsp fresh cilantro stems, chopped
- 1 Tbsp onion, finely chopped
- 1 lemon, zested, plus juice of half the lemon (or 1 Tbsp lemon juice)
- 1 – 1 ½ tsp ground cinnamon
- 1 Tbsp fresh ginger, grated (1-inch piece, peeled)
- ½ – 2 tsp chili flakes (or to taste)
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp ground pepper (or to taste)

#### Instructions

##### For the White Bean and Sprouted Lentil Base Dip:

1. Begin by sprouting the lentils. Begin by sprouting the lentils (follow the instructions in the Sprouting How-to Guide on pages 3 - 7).
2. If using dried beans: Soak dry white beans 8 hours or overnight. Drain soaking water, then transfer soaked beans to a pot. Cover beans with 2 inches of cold water, add a generous pinch of salt, and bring to a boil. Reduce heat, cover, and simmer until beans are tender, about 1 – 1 ½ hours, stirring occasionally. Drain and rinse cooked beans. (If you have one, beans cook faster in an Instant Pot or pressure cooker—follow appliance directions.)
3. Combine sprouted lentils, cooked white beans, olive oil, lemon juice, onion powder, salt, pepper, and sour cream in your food processor or high-powered blender. Add vegetable stock slowly to thin the mixture until the base dip reaches desired consistency.

##### For the West African Spiced Seasoning and Texture:

4. Transfer base dip mixture to a bowl and stir in seasoning and texture ingredients until well combined.
5. **To serve:** Garnish with cilantro leaves, tomato wedges, and whole sprouted lentils. Serve immediately or store in fridge.



## TIPS

- Increase the heat by adding an extra teaspoon of chili flakes. For a pickier palette, divide the seasoning and texture ingredients in half and let the base dip flavours shine alone.
- For faster preparation, you can also use canned white beans. Drain and rinse well before using.
- Other optional garnishes: 1 handful of peanuts, 1 teaspoon of lemon zest, or 1 small handful of fresh parsley.

In a bowl or on a piece of toast? What's your favourite way to serve this West African Spiced White Bean and Sprouted Lentil Dip? Tell us on Facebook or Instagram using #WhySprouted





## Sprouted Wheat Berry & Kale Salad

Sprouting wheat berries makes them easier to digest and takes their nutrient dense, whole grain goodness to another level. But the best part? This recipe gives you a fun excuse to let your kids to play with their food. The sprouting process is like a fun science experiment. And even if they haven't learned to love kale yet, they'll love getting their hands dirty while helping you making this salad. (Who knows? Maybe the hands-on experience will inspire them to try a few bites!)

### Ingredients

#### For the Salad:

- 1 cup sprouted wheat berries
- 1 bundle kale, washed
- 1 shallot, finely sliced
- ½ cup cherry tomatoes, halved
- ½ cup dried apricots, roughly chopped
- ½ cup smoked soft non-dairy cheese, crumbled (we used Miyoko's Smoked Farmhouse cashew cheese)

#### For the Dressing:

- 1 large navel orange, zested & juiced (about ½ cup fresh orange juice)
- ¼ cup extra virgin olive oil
- 2 Tbsp apple cider vinegar
- ½ tsp Dijon mustard
- ¼ tsp salt (or to taste)
- 1 tsp fresh chives, chopped fine
- 1 tsp fresh parsley, chopped fine

#### For the Spiced Pecans:

- 1 cup pecan halves
- 1 tsp coconut oil
- 1 ½ Tbsp cane sugar
- 1 tsp ground cinnamon
- ½ tsp paprika
- ¼ tsp salt (or to taste)

## Instructions

### For the Sprouted Wheat Berries:

1. Begin by soaking and sprouting the dry wheat kernels (follow the instructions in the Sprouting How-to Guide on pages 3 - 7)

### For the Spiced Pecans:

2. Toast the pecans lightly in a dry pan over medium heat. Stir frequently for 4 - 5 minutes until they start to brown. Remove the pecans from the pan and set aside.
3. While the pan is still hot, melt the coconut oil and add the sugar and spices until the sugar melts and starts to caramelize.
4. Add the toasted pecans to the pan and toss to coat. Taking care not to burn yourself on the hot caramel, transfer the candied pecans to a parchment-lined cookie sheet. Allow to cool.

### For the Dressing & Salad:

5. Combine all the salad dressing ingredients into a bowl, leaving out the olive oil for now. Whisk until the salt dissolves and the mustard, vinegar, and orange juice have blended nicely. Slowly whisk in the oil until well-combined. Set aside.
6. Once you've rinsed and dried your kale, run your hand along the stem to remove the green leaves from the stalk. Tear the kale leaves into bite-size pieces and add them to a large bowl.
7. Add squeeze of orange juice and a pinch of salt to the kale. Using clean hands, massage the kale for roughly 3 minutes to soften the leaves. They should become glossy and slightly reduced in volume.
8. Finally, combine all remaining salad ingredients to the bowl with the massaged kale. Drizzle the dressing over the ingredients, toss to coat, and serve.

## TIPS

Save time by preparing the sprouted wheat berries, candied pecans, and salad dressing in advance. You can even prepare them in larger batches to use in other recipes.

- Store your sprouted wheat berries using the storage tips on page 7, or make a larger batch and freeze in 1 cup portions.
- Spiced pecans can be stored at room temperature in an airtight container for up to 3 weeks.
- Store the salad dressing in a jar and refrigerate up to a week.

Another time-saving option? Skip the whisk and shake all the dressing ingredients in a jar with a tight lid. And finally, for some family fun in the kitchen, ask the kids for a hand with sprouting the wheat kernels and massaging the kale.



## Sprouting STEM Activity

Unleash your secret science nerd side for some wholesome, curiosity-satisfying fun with kids of all ages. This simple activity is half craft, half science experiment, and 100% delicious!

### SUPPLIES:

- 1 large cellulose sponge (we used one made from recycled wood pulp and cotton)
- 2 - 4 tablespoons small seeds suitable for sprouting (we used triton radish and alfalfa)
- Glass or ceramic baking dish, pie plate, or a shallow, flat-bottomed dish
- Glass jar/s (for soaking)
- Scissors
- Pen
- Spray bottle (for misting)
- Plastic wrap (or a lid that fits your dish)
- Toothpicks (optional)



## Instructions

- 1** Start soaking your seeds in a glass jar with cool, clean water. If using more than one type of seed, soak each separately. Set aside for the recommended soaking time for your seeds.
- 2** Choose a simple shape. Draw it freehand directly onto your sponge or print it to size and cut out a tracer to transfer your shape. Unless you are an especially patient adult or older child (10+) skilled with scissors, avoid complex shapes or shapes with internal cut-outs.  
**Tip:** Size your shapes so they fill as much of the sponge (as close to the edge) as possible to make cutting easier.
- 3** Cut out your sponge shape. Depending on the thickness of your sponge and the complexity of your shape, kids under 10 may need an adult or older child to do this for them. (Thinner sponges (1/2-inch) are easier to cut than thicker ones (>1-inch). **Option:** 3D Sponge Blocks: Instead of cutting out a flat shape, build one out of sponge blocks. Cut sponges into rectangles, cubes, or triangles, then stack or connect pieces with toothpicks to build small 3D structures for your sprouts! (Complete Step 4 after cutting your blocks before building your structure, then follow the remaining instructions as written).
- 4** Rinse your cut sponge shape under cool running water, squeezing a few times to make sure it's clean and wet all the way through. Place damp sponge in your flat-bottomed dish and pour about ½-inch of water into the bottom of the dish.
- 5** When your seeds have soaked, drain off the water. Use a spoon to spread your seeds onto the top surface of your sponge in an even layer, no more than one or two seeds deep. If using more than one type of seed, spread them onto your sponge in sections or patterns to suit your design.
- 6** Fill your spray bottle with fresh, cool water. Mist your seed-covered sponge shapes well, so all seeds are evenly moist. If it's summer or you live somewhere warm, cover your dish so your seed-covered sponge shapes stay evenly moist. Mist morning and night for as many days as your chosen seeds need to sprout (3 - 5 days). If your sprouts start to grow taller than the lid of your dish, use toothpicks to make a tent with plastic wrap, so your sprouts have room to grow.
- 7** Watch your designs and patterns develop as your seeds sprout. Harvest and eat your sprouts when they're fully grown! **Hint:** growing their own sprouts may encourage picky kids to try a new way to eat their greens!

We'd love to see what you sprout! Share your Sprouting STEM Activity designs to our Facebook page, or tag us @silverhillsbakery on Instagram with the hashtag #WhySprouted.







## WHAT TO EXPECT NEXT

You've finished all three parts of your Why Sprouted Handbook, but we hope our journey together has just begun. More healthy recipes, helpful articles and how-tos are on the way. Look for Silver Hills Sprouted Bakery's monthly newsletter Sprouted Living in your inbox soon!

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