







Ezekiel 4:9[®] Sprouted Whole Grain Bread

Ezekiel 4:9 Sprouted Grain Bread is inspired by the Holy Scripture verse: "Take also unto thee Wheat, and Barley, and beans, and lentils, and millet, and Spelt, and put them in one vessel, and make bread of it..." Ezekiel 4:9

We discovered when these six grains and legumes are sprouted and combined, an amazing thing happens. A complete protein is created that closely parallels the protein found in milk and eggs. In fact, the protein quality is so high, that it is 84.3% as efficient as the highest recognized source of protein, containing all 9 essential amino acids. There are 18 amino acids present in this unique bread - from all vegetable sources - naturally balanced in nature.

Ezekiel 4:9 Bread, made from freshly sprouted organically grown grains, is naturally flavorful and bursting with nutrients. Rich in protein, vitamins, minerals and natural fiber with no added fat. Try it served warm to release its exceptionally rich nutty flavor.

This Biblical Bread is Truly the Staff of Life

-  High Fiber
-  Sprouted Grains
-  Vegan
-  Diabetic Friendly

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 0.5g	1%	Total Carb. 15g	5%
Saturated Fat 0g	1%	Dietary fiber 3g	11%	
Trans Fat 0g		Sugars 0g		
Cholesterol 0mg	0%	Protein 4g		
Sodium 75mg	3%	Potassium 80mg		
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 4%	
Thiamine 8%	Magnesium 6%	Niacin 6%	Vitamin B6 4%	
Riboflavin 2%	Phosphorus 8%	Zinc 4%	Vitamin B12 0%	

Serving Size 1 Slice (34g)
Servings Per Container About 20
Calories 80
Calories from Fat 5
Calories from Saturated Fat 0

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast, Organic Wheat Gluten, Sea Salt.