

# FERMENTED GRAINS SOURDOUGH BREAD

## HOW OUR BREAD IS MADE

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We always soak or sprout the grains first (Oats, Rice and Quinoa) that we use for our bread. This helps to remove the phytic acid which would otherwise block absorption of the minerals that bind to the nutrients. Soaking also neutralizes enzyme inhibitors and promotes beneficial enzymes while increasing the B vitamin content in the food and breaking down any complex sugars. This important step is essential to the health benefits of our ancestral-style bread. The grains are then cooked and then fermented with the sourdough starter and organic unbleached flour for 12-24 hours. Then they are transferred to dough balls and set to rise twice before baking in our off-grid oven. All our breads are handmade on DeCourcy Island, done in small batches and only have 4 ingredients: Flour, water, sea-salt, and the grains of oats, rice or quinoa.



### **Is it Gluten-Free?**

While it isn't technically gluten-free, many people with gluten intolerance have no problem digesting our bread. It's because the fermentation is like a pre-digestion process that breaks down the flour into a nutritious food that is easy to digest and full of probiotics which is good for gut health too.

### **How long will it last?**

Not only does using live instead of dried yeast change the flavor but with the addition of the fermentation process it also means that it stays fresh after being baked much longer than conventional baked bread and doesn't require any extra preservatives to ward off mold. It remains very fresh-like for over 7 days and even weeks if refrigerated, that is if you don't eat it all first!