



HIGHLAND BAKING CO.
Bread is our passion. Service is our specialty.

T R E N D R E P O R T

SPROUTING

A P R I L 2 0 1 4

SPROUTING UP IN TRENDS

Breaking ground in health food markets, sprouting has once again become popular among consumers! In the past, sprouted greens were getting all the press, but today the focus of consumers is sprouted beans, grains and legumes. New products have flooded market shelves proudly displaying that they contain sprouted ingredients and with good reason!

SPROUTING BENEFITS

SPROUTING IS A FOOD PROCESS THAT BRINGS THE BENEFITS OF WHOLE GRAINS TOGETHER WITH HEALTHY VEGETABLES TO CREATE A HYBRID SUPER FOOD

When the grains are processed they retain the entire grain (bran and germ) as well as new plantlike components. This new product is a nutritional power house with a multitude of benefits:

- Increases in vitamins, proteins, amino acids and enzymes
- High levels of fiber combat high cholesterol
- Aids in regulation of blood-sugar levels
- Lower gluten content in bread production
- Reduced levels of phytic acid increases the body's nutrient absorption



GERMINATION

The benefits of sprouts are gained through the simple process of allowing ingredients to begin germinating and then cutting the process short to maximize the nutrient levels. Germination causes the ingredient to begin converting it's stored carbohydrates into usable energy for the new plant's development. By cutting the process short the nutrients are retained and further conversion is halted.

SPROUTING PHASES

Dry Phase:

A dry product is selected and sorted. The energy is dominant and stored as phytic acid.



Wet Phase:

The product is rinsed and allowed to soak for a period of time. Rehydration begins and phytic acid starts converting into useable energy.



Sprouting Phase:

The product is rinsed and drained several times a day; product is left in open air to sprout. Increased rates of phytic acid conversion create proteins, amino acids and enzyme needed to plant development.



WHERE CAN I FIND THEM?

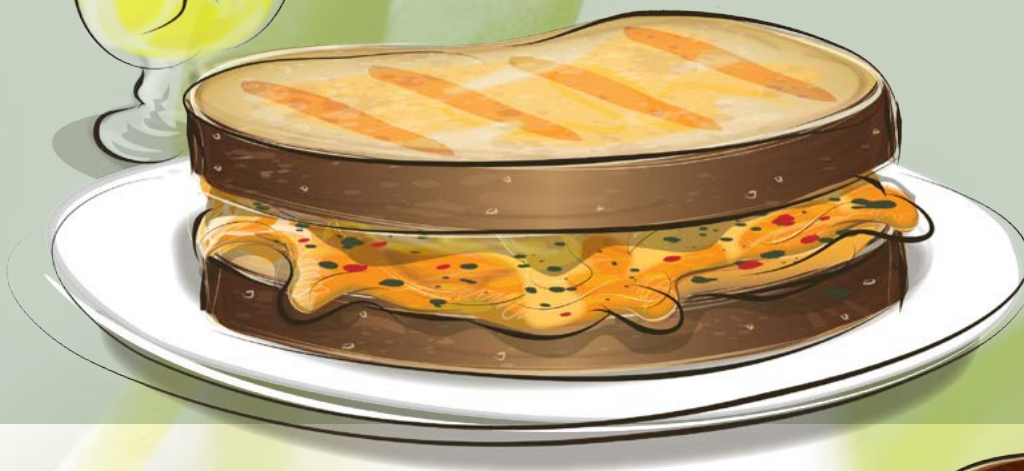
Sprouts have shown up in a variety of store products such as chips, breads, trail mixes, cereals, flours and side dish meals. These products typically combine non-sprouted ingredients with sprouted ingredients because of their costs and limited shelf life. Unlike the beans and legumes, sprouted wheat is used almost exclusively in bread production, both dried and ground as flour or a minimally processed kernel which is typically used in 'raw' baking processes to retain maximum nutritional levels.

INSPIRED BUILDS



Smoky Kalepotle Grilled Cheese

Vibrant green kale is sauteed with garlic, onions and chipotle peppers with just a touch of cream and then loaded and grilled between two slices of smoked cheddar sprouted wheat bread with cheddar cheese until ooey gooey.



Sprouted Wheatberry Rolls

From the ancient world, hard wheatberries are sprouted for several days before baking into small rolls perfect for dunking and soaking up one of our delicious fresh daily soups!

