

# Ezekiel Bread



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Ezekiel bread is fashioned after a recipe in scripture that includes wheat, barley, millet, lentils, beans, and spelt. It is a flourless bread that is considered to be a complete protein. Many of the grains are sprouted to increase the nutrients and absorption. Sprouted grains contain more vitamins, minerals, and antioxidants than whole grains and are easier to digest than conventional starchy flours. For a guide to other highly nutritious breads, visit Food Babe's guide to the healthiest breads on the market.