



Everything  
you need to grow

*There's a period right after a grain has sprouted, but before it's a full-fledged plant, when the potential for nutrition, taste and performance rises. BeneGrain® sprouted whole grains captures this deliciously.*



*Sprouted,  
for superior  
performance  
and flavor*

# The healthy trend that's bursting onto tables everywhere



**Whole Grains Transformed**

It's no wonder today's consumers have such an appetite for sprouted grains. With less bitterness, and better nutrient bioavailability, they're a deliciously simple way to eat healthy.

As a result, sprouted grains are popping up everywhere - in breads and tortillas, cereals, pastas, snacks and more.

Fortunately, getting the ingredients you need to satisfy this growing health trend is easy. With the industry's largest selection of top-quality sprouted grains, Bay State Milling has everything you need to set yourself apart in the marketplace.

**“By carefully controlling the germination process, we can naturally improve nutrition, performance and taste. It's a delicious win-win and a convenient way to satisfy consumer cravings for healthier options.”**

*Colleen Zammer, Senior Director, Marketing and Product Development, Bay State Milling*

## **Trusted germination partners and proven processes, for greater peace of mind**

Starting with carefully sourced grains, we partner with trusted germinators who have led the industry for over a century. The result is the utmost in purity, consistency, quality and safety - a standard that's confirmed with a rigorous evaluation of every BeneGrain® product we sell.

## **Performance you can bank on**

A meticulously controlled germination process ensures BeneGrain® performs perfectly - in virtually any type of grain-based food application.

## **A sweet way to transform whole grains**

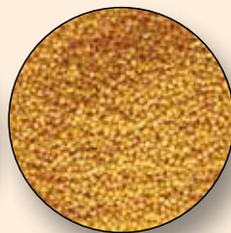
Bay State's sprouting processes are optimized to maximize the inherent qualities of whole grains. This results in 'better for you that's available for you' whole grain nutrition. Our highly controlled process activates enzymes increasing digestibility and bioavailability of nutrients while also delivering consistent performance and great taste. A delicious win-win for health conscious consumers.

## **All the expertise and resources you need to make your sprouted specialties a success**

You'll not only enjoy the industry's largest offering of sprouted grains; you'll also gain access to our renowned Rothwell Grain Essentials Center with its expert team of food scientists, bakery scientists and culinary professionals.



**Available in conventional and organic varieties, BeneGrain<sup>®</sup> gives you all the sprouted options you need for success.**



*Sprouted Whole Wheat*

*Sprouted Brown Rice*

*Sprouted Amaranth*

*Sprouted Millet*

*Sprouted SowNaked™ Oats*

*Sprouted Quinoa*

*Sprouted Rye*

*Sprouted Sorghum*

*Sprouted Blends*



# 100% Sprouted Multigrain Whole Wheat Bread

Create wholesome pan bread using sprouted grains. This pan bread is 100% Sprouted Whole Wheat using BeneGrain® Sprouted Wheat flour and Benegrain® Sprouted grains.

Ingredients	Baker's %	Weight (grams)
<b>STEP 1 - SOUR</b>		
† BeneGrain® Sprouted Wheat Flour <sup>1</sup>	100.00	1500.00
BeneGrain® Sprouted Blend <sup>1</sup>	25.00	375.00
BeneGrain® Gluten Free Blend <sup>1</sup>	7.00	105.00
Vital Wheat Gluten	5.00	75.00
Honey	5.00	75.00
Maple Syrup	5.00	75.00
Agave	4.00	60.00
Soybean Oil	4.00	60.00
Yeast, IADY	3.20	48.00
Salt	2.00	30.00
Molasses	2.00	30.00
Dough Conditioner <sup>2</sup> ICS 66	0.25	3.80
Emulsifier <sup>3</sup> Dimodan HS 150 B/K-A	0.25	3.80
Enzyme Strengthener <sup>3</sup> PowerBake 960	0.10	1.50
Water	51.00	765.00
<b>Total</b>	<b>213.80</b>	<b>3207.10</b>
<b>Topping</b>		
	<b>True %</b>	
Sprouted Oat Flakes <sup>1</sup>	33.33	
Sunflower Seeds <sup>1</sup>	33.33	
Flax Seeds <sup>1</sup>	33.34	
<b>Total</b>	<b>100.00</b>	

† denotes flour component • 1 Bay State Milling Company, Quincy, MA. • 2 AB Mauri • 3 Danisco

## Procedure:

1. In a separate container place all the BeneGrain® Sprouted Blend with 1:1 water and soak for 1 hour.
2. Place all ingredients in a 12 quart Hobart mixing bowl fitted with a dough hook.
3. Mix 1.5 minutes on low speed and 7.0-8.0 minutes on medium speed. Final desired dough temperature is 78°F +/- 2°F.
4. Divide and round into desired gram dough pieces for this application (700 grams scaling weight).
5. Bench rest for 10 minutes at ambient temperature.
6. Mould, enrobe with topping, place into 1.5 pound wide loaf pan.
7. Proof for 60 minutes at 102°F/ 85% RH.
8. Bake for 28-30 minutes at 380°F in a Reed oven.
9. Cool for 60 minutes, slice and enjoy!



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