Sprouted grains differ from whole grain, they are actually better for you: 1 sprouting activates food enzymes; 2 sprouting increases vitamin content, and 3 sprouting neutralizes antinutrients like phytic acid which bind up minerals preventing your ability to fully absorb them.

Now the question is, what can you do with the sprouted grains, click the link below to see 7 ways to use sprouted wheat.

7 Ways to Use Sprouted Wheat

(Photo Credit: foodstorageandsurvival.com)