**Instructions for Making Sprouted Wheat and Sprouted Wheat Flour**

1. Fill a 2 qt. Mason jar with 3 cups wheat berries. Put a sprouting lid on the jar (or cover it with cheese cloth or screen mesh and secure with a rubber band). Rinse and drain the berries. Fill the jar with room temperature water and leave to soak overnight.
2. Rinse and drain the wheat berries. I use a dish drainer placed in my kitchen sink. I place the jars upside down at an angle for better drainage.
3. Rinse and drain twice a day for one or two days.
4. When the wheat has sprouted and has a very short tail, it is ready to be ground (in a meat grinder) to be used to make bread or dehydrated in a dehydrator then ground (in a grain grinder) to make sprouted wheat flour. **Allowing the wheat sprout tails to grow longer will cause the kernel to malt, making the product you get much too moist to use even if it has been dehydrated.**
5. To make into flour, spread damp sprouted wheat berries on dehydrator trays lined with a fruit leather sheet. Dry at 95-110 degrees Fahrenheit 8-12 hours or overnight.
6. Freeze the dried sprouted berries that you are not going to use immediately.
7. Using a wheat grinder or food processing machine approved for making flour. Grind the berries to create sprouted wheat flour. (Makes about 4 cups flour).
8. Use the flour immediately or freeze it. The sprouted nature of the wheat makes it more susceptible to spoiling. Sprouted wheat berries give the product a sweeter flavor while making it healthier to digest.

Adapted by Gemie Martin from: “How to Make Sprouted Grain Flour” by Kelli Karanovich

Buttermilk Sprouted Wheat Pancakes

2 tablespoons oil  
3 cups water (plus 6 Tablespoons if powdered eggs are used)

4 Tablespoons Whole Powdered Eggs (or 2 eggs)  
2 cups sprouted wheat flour

7 Tablespoons Buttermilk Powder  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 tablespoons sugar

Mix oil and water. If fresh eggs are used, add them in now as well. Mix sprouted wheat flour, powdered eggs (if used), buttermilk powder, baking powder, soda, salt, and sugar. Add dry ingredients to moist ingredients. Stir until mixed. Batter will be quite thin. Cook on a hot slightly oiled griddle (about 350°). Cook pancakes a bit longer on the first side before flipping. It is easier to flip smaller pancakes (3-3 ½ inches in diameter) than larger ones.

Note: 3 cups buttermilk may be used in place of buttermilk powder and water. A substitute for buttermilk may be made by putting 1 Tablespoon vinegar or lemon juice per cup into a measuring cup and filling it up to the cup mark with milk. Wait 5 minutes before adding to other ingredients.