

NEW!

*"Take also unto thee Wheat
Lentils and Millet and
in one vessel and*



*and Barley and Beans and
Spelt and put them
make bread of it..."
- Ezekiel 4:9*

EZEKIEL 4:9

SPROUTED • FLOURLESS
MAXIMUM NUTRITION WITHOUT THE SALT

Low-Sodium!



**Do
something
good for
your body
today.**





SPROUTED • FLOURLESS

MAXIMUM NUTRITION WITHOUT THE SALT

Ezekiel 4:9 Low-Sodium Tortillas and English Muffins are as delicious as they are nutritious!

This ancient recipe is made exceptional by combining only freshly sprouted grains without any refined flour, artificial ingredients or preservatives. These amazingly nutritious Ezekiel 4:9 Low-Sodium Sprouted Tortillas and English Muffins have all the right ingredients to create a **complete plant protein**, containing all 9 essential amino acids, with 18 in all—from only plant sources. Now that's remarkable! **Truly the staff of life!**

EZEKIEL 4:9® LOW-SODIUM TORTILLAS

INGREDIENTS: Organic Sprouted Wheat, Filtered Water, Organic Sesame Seeds, Organic Sprouted Soybeans, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Spelt, Organic Wheat Gluten.

CONTAINS: WHEAT, SOY.

NUTRITION FACTS: Serving Size 1 Tortilla (57g), **Calories 140, Total Fat 2g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carb. 26g, Dietary Fiber 5g, Total Sugars 1g, Protein 7g.**

EZEKIEL 4:9® LOW-SODIUM ENGLISH MUFFINS

INGREDIENTS: Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast, Organic Wheat Gluten.

CONTAINS: WHEAT, SOY.

NUTRITION FACTS: Serving Size ½ Muffin (38g), **Calories 90, Total Fat 0.5g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carb. 17g, Dietary Fiber 3g, Total Sugars 0g, Protein 5g.**



Different from most tortillas and English muffins today: **Ezekiel 4:9 Tortillas and English Muffins** are made from freshly sprouted live grains and contain absolutely no flour.

Our exclusive sprouting process releases important enzymes which **maximize nutritional content** and **promote better digestion**. Beneficial enzymes are released to help break down starches, carbs and proteins like phytic acid to promote better nutrient assimilation. We believe this is an important aspect in promoting overall health, vitality and longevity—to get the most out of whole grains!

And even better still, our exclusive process **preserves these valuable nutrients** and **retains the important natural fiber + bran**. See the difference fresh sprouts really make. **Your body and tastebuds will know the difference!**



A REMARKABLE PLANT PROTEIN!



CONTAINS ALL 9 ESSENTIAL AMINO ACIDS.

Ezekiel 4:9 tortillas and English muffins are amazingly nutritious 2,500-year-old prodigies of the original bread found in the bible and have all of the right ingredients to create a **complete plant protein** today, containing all 9 essential amino acids with 18 in all from all plant sources. **Now that's remarkable!**

HEALTHY TRADITIONS™

To find creative tortilla and English muffin recipes, go to: foodforlife.com/recipes

Product	Item #	UPC	Case Pack	Case Weight	Case Dimensions L x W x H (inches)	Cases Cube	Pallet Tie x High	Cases Per Pallet	Shelf Life
Low-Sodium Tortillas	203C12	0 7347200203 2	12/12 oz	11 lbs.	19.6 L x 11.63 W x 3.63 H	0.48 CF	7 x 17	119 cs	12 Months Frozen
Low-Sodium English Muffins	353C6	0 7347200353 4	6/16 oz	8 lbs.	11.38 L x 8.13 W x 7.63 H	0.39 CF	15 x 9	135 cs	12 Months Frozen

FOOD FOR LIFE BAKING COMPANY, INC.

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