

The sourdough nutrient symphony No other bread can compare.

Because we are blending 50% Stoates stone ground strong white bread flour and 50% 24-hour sprouted whole grain from the Grist Micro Mill, you are creating an exceptional biochemical synergy. Our traditional slow sourdough fermentation completely alters the availability of the nutrients. This list outlines the specific nutrients present in your sourdough blend, categorized by how your baking process enhances them.

Enhanced Micronutrients (Shattered by Phytase)

Raw whole grain is naturally rich in essential minerals, but they are normally bound tightly to phytic acid "padlocks". Because Grist Mill sprouted grain undergoes a 24-hour germination and your dough undergoes a low-and-slow overnight fermentation, you release massive amounts of an enzyme called phytase. This shatters the phytic acid, making these vital minerals fully bioavailable to the human body:

Zinc: Essential for immune system defense, cell growth, and metabolic healing networks.

Iron: Crucial for producing hemoglobin and oxygenating your blood for physical stamina.

Magnesium: Regulates muscle and nerve functions, blood sugar levels, and deep sleep cycles.

Phosphorus: Heavily involved in cellular repair and energy storage pathways (ATP production).

The Vitamin Explosion (Multiplied by Germination)

When Grist Mill sprouts the grains the dormant seed transitions from a starchy storage unit into a living plant. This biological awakening causes a massive spike in natural vitamin levels that are simply absent in unsprouted flours.

Folate (Vitamin B9): Vital for cellular synthesis and red blood cell production. Sprouting dramatically increases natural folate levels.

B-Vitamin Complex (Thiamine B1, Niacin B3, Pyridoxine B6): Found abundantly within the whole grain germ of the Grist Mill flour and preserved by Stoates' gentle stone-milling process. These act as essential coenzymes that help your cells convert carbohydrates directly into mental energy.

Vitamin E & Beta-Carotene: Potent, fat-soluble antioxidants that protect cells from oxidization, beautifully preserved by avoiding high-heat commercial roller mills.

Macronutrients & Digestive Proteins

Highly Digested Gluten Protein: Stoates Stoneground Strong White brings a robust 12.5% to 13.1% protein base. Thanks to your long cold retard fermentation, lactic acid bacteria produce protease enzymes that pre-digest these complex protein strands, lowering the structural burden on your stomach.

Soluble and Insoluble Fibre: Because Stoates White is an 81% extraction stoneground flour (retaining a creamy color and essential bran flecks) and Grist Mill contains 100% of the natural bran and germ, your loaves are exceptionally high in prebiotic dietary fiber to nourish your gut microbiome.

Slow-Release Maltose Sugars: The sprouting process activates natural amylase enzymes, converting heavy starches into complex, slow-burning maltose sugars. This gives your crumb its sweet flavour profile while maintaining a low glycemic index that prevents blood sugar spikes.