



*A new and delicious way to start your day!*



# EZEKIEL 4:9®

## Sprouted Grain English Muffins

**Sprouted Grain • High Fiber • Complete Protein**

If you thought you didn't have a healthy choice in English muffins, think again! These unique English Muffins (available in 4 varieties) were specifically developed with your health in mind. Made from 100% sprouted certified organically grown grains, beans and seeds, with absolutely no added oil, shortening, butter, and no trans fats!

At Food For Life, a devotion to good health is the foundation for everything we make. Just toast

them up and enjoy with your favorite toppings - a new and delicious way to start your day! Our exclusive sprouting process maximizes nutrition and digestibility, while preserving the natural fiber and bran.

Different? Absolutely! Better? You bet! With just one bite, you'll know they're a Food For Life!



Available at Natural & Specialty Foods Stores

800-797-5090 • [www.foodforlife.com](http://www.foodforlife.com)

Food for Life Baking Company, Inc. • 2991 E. Doherty St. • Corona, CA 92879



Ezekiel 4:9® English Muffins from Food For Life are based on the holy scripture verse: "Take also unto thee wheat, and barley, and beans, and lentils, and millet, and spelt, and put them in one vessel, and make bread of it..." Ezekiel 4:9 (KJV)

Genesis 1:29® English Muffins "A world of nutrition in every slice", products are inspired by the biblical verse: "And God said, 'Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.'" Genesis 1:29 (KJV)



# Ezekiel 4:9® Sprouted Grain English Muffins



## GENESIS 1:29® - #115C6

### NUTRITION FACTS:

NET PACKAGE WEIGHT:	16 oz.
Serving Size:	1/2 muffin (38g)
Servings Per Container:	12
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Calories:	90
Total Fat:	2g
Cholesterol:	0mg
Sodium:	70mg
Potassium:	110mg
Carbohydrates:	15g
Dietary Fiber:	3g
Sugars:	0g
Protein:	4g

## 7-SPROUTED GRAINS - #116C6

### NUTRITION FACTS:

NET PACKAGE WEIGHT:	16 oz.
Serving Size:	1/2 muffin (38g)
Servings Per Container:	12
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Calories:	80
Total Fat:	1g
Cholesterol:	0mg
Sodium:	120mg
Potassium:	75mg
Carbohydrates:	16g
Dietary Fiber:	3g
Sugars:	0g
Protein:	4g

## EZEKIEL 4:9® CINNAMON RAISIN - #117C6

### NUTRITION FACTS:

NET PACKAGE WEIGHT:	16 oz.
Serving Size:	1/2 muffin (38g)
Servings Per Container:	12
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Calories:	80
Total Fat:	0g
Cholesterol:	0mg
Sodium:	85mg
Potassium:	125mg
Carbohydrates:	18g
Dietary Fiber:	2g
Sugars:	5g
Protein:	3g

## EZEKIEL 4:9® - #119C6

### NUTRITION FACTS:

NET PACKAGE WEIGHT:	16 oz.
Serving Size:	1/2 muffin (38g)
Servings Per Container:	12
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Calories:	80
Total Fat:	0.5g
Cholesterol:	0mg
Sodium:	80mg
Potassium:	75mg
Carbohydrates:	15g
Dietary Fiber:	3g
Sugars:	0g
Protein:	4g

**INGREDIENTS:** **GENESIS 1:29®:** Organic Sprouted Wheat, Filtered Water, Organic Malted Barley, Organic Pumpkin Seeds, Organic Sunflower Seeds, Organic Unhulled Sesame Seeds, Organic Unprocessed Wheat Bran, Organic Sprouted Spelt, Organic Sprouted Corn, Organic Sprouted Soybeans, Sprouted Chia Seeds, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Rye, Organic Sprouted Brown Rice, Organic Sprouted Kamut, Variety 5-Grain & Seed Blend: (Organic sprouted Flax Seed, Organic Sprouted Sorghum, Organic Sprouted Quinoa, Organic Teff, Organic Amaranth), Organic Wheat Gluten, Fresh Yeast, Sea Salt. **7-SPROUTED GRAINS:** Organic Sprouted Wheat, Filtered Water, Organic Malted Barley, Organic Sprouted Rye, Organic Sprouted Barley, Organic Sprouted Oats, Organic Sprouted Millet, Organic Sprouted Corn, Organic Sprouted Brown Rice, Fresh Yeast, Soy Lecithin, Sea Salt. **EZEKIEL 4:9® CINNAMON RAISIN:** Organic Sprouted Wheat, Organic Raisins, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast, Sea Salt, Organic Cinnamon. **EZEKIEL 4:9®:** 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, Sea Salt.

UNIT DIMENSIONS: (H x L x W): 2 1/2" x 3 3/4" x 11"  
 CASE PACK: 6 - 16 oz.  
 CASE DIMENSIONS: (H x L x W): 11 1/2" x 7 3/4" x 8 1/4"  
 CASE WEIGHT (lbs.): 8 lbs.

CASE CUBED (cf): .42 cf  
 PALLET TIE: 15 x 10  
 PRODUCT TYPE: Frozen  
 SHELF LIFE: 9 Months Frozen, 2 Weeks Refrigerated 45°F, 5 Days 75°F

UPC CODE NUMBERS (12 digit):  
 Genesis 1:29®: 0 7347200115 8  
 7-Sprouted Grains: 0 7347200116 5  
 Ezekiel 4:9® Cinnamon Raisin: 0 7347200117 2  
 Ezekiel 4:9®: 0 7347200119 6

Our Ezekiel 4:9® Sprouted Grain English Muffins are inspired by the Holy Scripture verse: *"Take also unto thee Wheat, and Barley, and Beans, and Lentils, and Millet and Spelt, and put them in one vessel and make bread of it". Ez 4:9*

We discovered when these six grains and legumes are sprouted and combined, an amazing thing happens. A complete protein is created that closely parallels the protein found in milk and eggs. In fact, the protein quality is so high, that it is 84.3% as efficient as the highest recognized source of protein, containing all 9 essential amino acids. There are 18 amino acids present in these unique English Muffins - from all vegetable sources - naturally balanced in nature.

Ezekiel 4:9® English Muffins, made from freshly sprouted organically grown grains, are naturally flavorful and bursting with nutrients. Rich in protein, vitamins, minerals and natural fiber with no added fat. Try it served warm to release its rich nutty flavor. This Biblical Bread is Truly the Staff of Life.

### The Live Grain Difference!

Different from most English muffins today, these are made from freshly sprouted live grains and contain absolutely no flour. We believe in

sprouting the grains we use in our English Muffins because sprouting is the best way to release all of the vital nutrients stored in whole grains.\*

To unlock this dormant food energy, maximize nutrition and flavor, we add just the right amount of water to healthy whole organically grown grains which are already bursting with nutrients. Beneficial enzymes are activated which cause the grains to sprout and become a living food. Our exclusive sprouting process not only significantly increases vitamins and minerals but also causes a natural change that allows the protein and carbohydrates to be assimilated by the body more efficiently. And even better still, our exclusive baking process preserves these valuable nutrients and retains the important natural fiber and bran.

You can see, taste, and smell THE LIVE GRAIN DIFFERENCE!, of Food For Life English Muffins. As nutritious as they are delicious. Food For Life Sprouted Grain English Muffins are the substance of a meal - not just something that holds a sandwich together. See the difference fresh sprouts really make. Your body and taste buds will know the difference! With just one bite, you'll know they're a food for life!