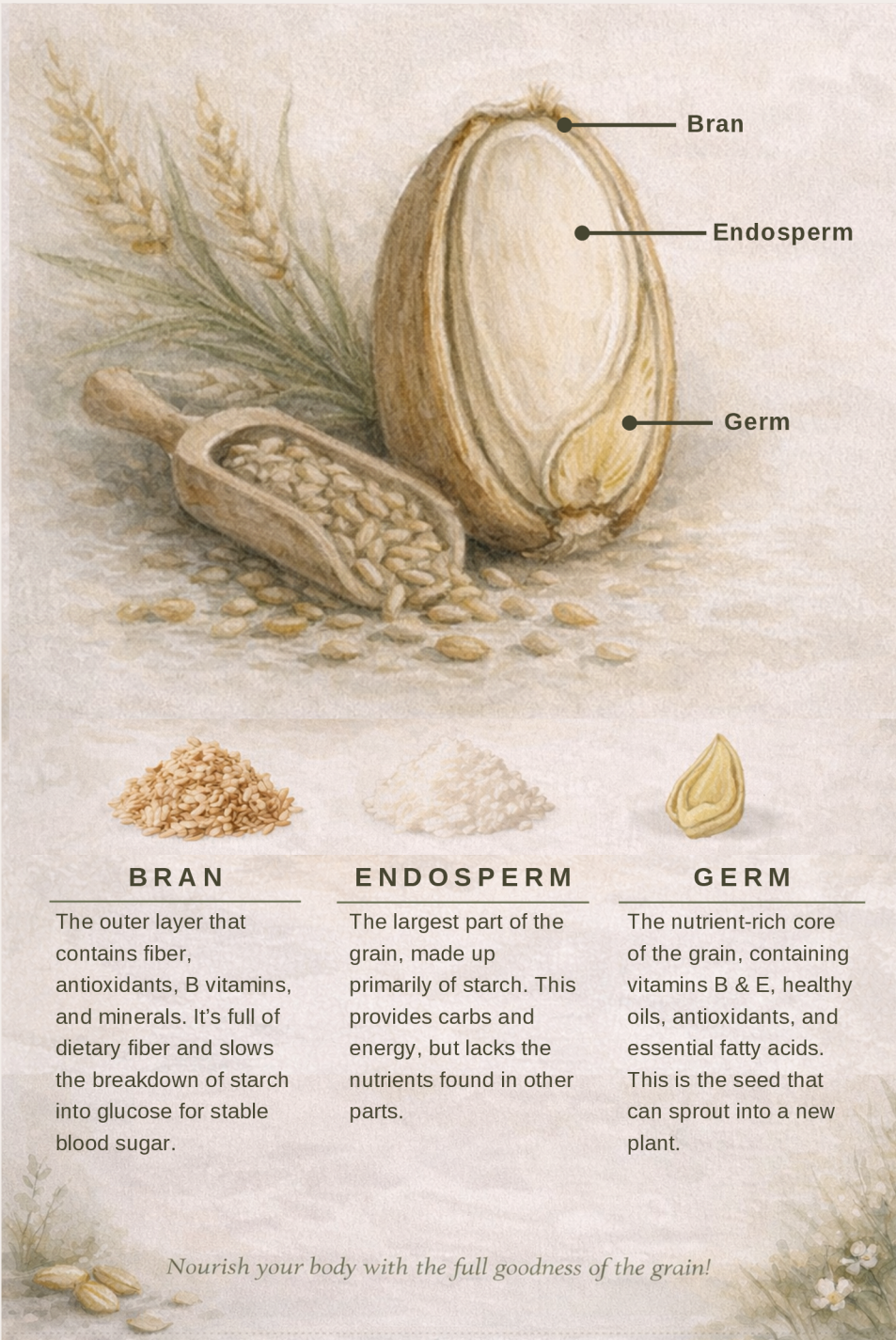


— workshop handout —

Grain Anatomy Diagram

WHEAT BERRY BREAKDOWN



BRAN

The outer layer that contains fiber, antioxidants, B vitamins, and minerals. It's full of dietary fiber and slows the breakdown of starch into glucose for stable blood sugar.

ENDOSPERM

The largest part of the grain, made up primarily of starch. This provides carbs and energy, but lacks the nutrients found in other parts.

GERM

The nutrient-rich core of the grain, containing vitamins B & E, healthy oils, antioxidants, and essential fatty acids. This is the seed that can sprout into a new plant.

Nourish your body with the full goodness of the grain!

MEET YOUR TEACHER



Hi, I'm Lorina!

I'm a wife, mom of two, and your educator on the benefits of freshly milled flour. Milling our own flour changed my family's health, and I'm passionate about sharing this knowledge with others.

Let's dig in!

LEARN MORE ABOUT FRESH FLOUR

Visit the full workshop for more resources & tutorials.

www.flourishheritage.com

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