

## **Nutrimill Tips**

The fresher the flour, the more nutritious and better tasting your bread or rolls will be.

Freshly ground whole wheat flour offers the most nutritional value. Nutrients decrease rapidly after grains are milled. Wheat flour will only retain nutritional value for 3-5 days stored at room temperature, 10 days stored in refrigerator and 3-4 weeks in freezer.

Of all grains, Quinoa is the most nutritious. It is lower in carbohydrates and equal to milk in protein.

Popcorn contains less starch than field corn and makes a better corn bread.

1 cup of hard wheat equals about 1 ¼ cups fresh milled flour. 5 lbs of wheat berries equals about 18-22 cups of flour. Softer grains yield more flour per cup of grain.