

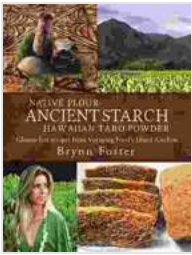
# Native Flour Ancient Starch: Uncover the Secrets of a Forgotten Food



In a world obsessed with processed foods and refined ingredients, it's easy to forget the forgotten treasures that once sustained our ancestors. Native flour, an ancient starch derived from the whole grains of heirloom varieties, holds the key to unlocking a healthier, more sustainable way of eating.

## **The Revival of Ancient Grains**

Native flour is not a new invention. It's a rediscovery of the古老的谷物 that once dominated our diets. These grains, such as einkorn, emmer, and spelt, possess a unique combination of nutrients that have been lost in modern wheat varieties.



## Native Flour Ancient Starch: Gluten-Free Recipes from Voyaging Food's Island Kitchen by Brynn Foster

★★★★☆ 4.3 out of 5

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Unlike modern wheat, ancient grains are:

- **Higher in fiber, vitamins, and minerals:** Native flour provides a rich source of dietary fiber, essential vitamins like B vitamins and vitamin E, and minerals such as iron, magnesium, and zinc.
- **Lower in gluten:** Ancient grains typically contain less gluten than modern wheat, making them a better choice for individuals with gluten sensitivities or intolerances.
- **More flavorful:** Native flour has a distinct nutty, earthy flavor that adds depth and character to baked goods.

### The Benefits of Native Flour

Consuming native flour offers a myriad of health benefits:

- **Improves digestion:** The high fiber content in native flour promotes a healthy digestive system by regulating bowel movements and feeding beneficial gut bacteria.
- **Reduces inflammation:** Studies have shown that ancient grains may contain anti-inflammatory compounds that can help reduce

inflammation throughout the body.

- **Lowers cholesterol:** The soluble fiber in native flour can help lower LDL (bad) cholesterol levels in the blood.
- **Boosts energy levels:** Native flour is a complex carbohydrate that provides sustained energy throughout the day.

## Cooking with Native Flour

Incorporating native flour into your diet is surprisingly easy. Here are some tips:

- **Start gradually:** Introduce native flour to your baked goods by substituting 25-50% of the all-purpose flour with native flour.
- **Be patient:** Native flour may require longer kneading or mixing times due to its coarser texture.
- **Add more liquid:** Native flour absorbs more liquid than all-purpose flour, so add an extra splash of water or milk to your batter.
- **Adjust the baking time:** Baked goods made with native flour may brown more quickly, so reduce the baking time slightly.

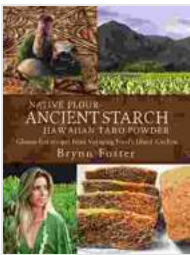
## Recipes to Inspire You

To get you started, here are a few delicious recipes that showcase the versatility of native flour:

- **Native Flour Bread:** This hearty and flavorful bread is perfect for sandwiches, toast, or simply spreading with butter.

- **Sourdough Pizza with Native Flour:** Create a crispy and flavorful pizza crust using a blend of native flour and sourdough starter.
- **Whole-Grain Native Flour Pancakes:** Start your day with fluffy and nutritious pancakes made with native flour.

Native flour is a true superfood that offers a wealth of nutritional benefits and culinary possibilities. By embracing this ancient starch, you can not only improve your health but also support sustainable farming practices. Discover the transformative power of Native Flour Ancient Starch today and embark on a culinary journey that will nourish your body and soul.



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