

Learn The Art of Baking Authentic Sourdough Bread

Tine and Niels Reeh, a husband and wife team of visiting scholars from Denmark, will share their secrets of Danish Sourdough making with us. Some of the benefits of using this traditional fermentation method of making bread include:

- 1. Neutralizes phytic acid, which makes the grain easier to digest.**
- 2. Increases the vitamin content, particularly the B vitamins and increases levels of fiber, minerals and anti-oxidants.**
- 3. Lowers the glycemic index, resulting in a more stable blood sugar.**
- 4. Makes the bread delicious!**

Date: March 22

Time: 6:30 pm



Organized by: Weston A Price Foundation

Princeton Chapter - www.wapfnj.org

Location: Whole Earth Center, 360 Nassau St., Princeton, NJ

Admission: FREE

RSVP: info@wapfnj.org or 1-877-588-4433