



4. Sprouted Grains and Breads

Ezekiel 4:9 NIV: "Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side."

In the Bible, bread appears repeatedly as the substance of life. Jesus even referred to Himself as the *"Bread of Life."* The bread in Bible times used none of the modern and damaging refining methods of today. The kind of nutritious bread they served often involved the sprouting of natural grains and was a basic part of their diets.

Whole grain sourdough and sprouted-grain breads involve the soaking or fermenting of grains overnight until the seeds are partially sprouted. This process actually make these carbohydrates more easily digestible. A recent study showed that wheat sprouted for 48 hours had a higher count of amino acids, dietary fiber, and antioxidant activity. Ezekiel bread is one kind of sprouted bread that boasts of great health benefits.

You can find both pros and cons about this nutritious bread. More and more grocery stores are stocking flour made from spelt, barley, or other healthy grains. Spelt flour is one of my favorites, and while it is a heavier flour, I substitute it in recipes for all my flour needs, including pies and gravies.



5. Goat Milk and Products

Proverbs 27:27 TLB: Then there will be lambs' wool enough for clothing and goats' milk enough for food for all your household after the hay is harvested, and the new crop appears, and the mountain grasses are gathered in.

Raw goat milk and cheese were plentiful in Bible times and were not pasteurized like our modern food. More easily digestible than cow's milk, goat's milk also has less lactose and contains multiple vitamins, enzymes, and proteins. According to Jordan Rubin, 65% of the world's population drink goat's milk. It can help in the treatment of inflammatory diseases, is a complete protein, and is also useful in soaps.



6. Fruit

1 Samuel 30:11-12 NIV: They gave him water to drink and food to eat—part of a cake of pressed figs and two cakes of raisins. He ate and was revived.

Numbers 13:23 NLT: When they came to the valley of Eshcol, they cut down a branch with a single cluster of grapes so large that it took two of them to carry it on a pole between them! They also brought back samples of the pomegranates and figs.

Throughout the Bible, small fruits like figs, grapes, and pomegranates were used widely in beverages, cakes, or eaten as fresh fruit themselves. When the two spies scoured out the land

of Canaan before crossing over to the land God had promised the Israelites, they returned with clusters of grapes so large, they had to use a pole to carry them.

Pomegranates have high anti-inflammatory, antioxidant, and even anti-tumor properties. Loaded with minerals and vitamins like Vitamin A, K and E, fresh figs are also low in calories and high in fiber. Grapes contain resveratrol, a powerful antioxidant known for guarding against colon and prostate cancer as well as reducing stroke risk. They, too, are rich in vitamins and minerals and make great fresh or dried snacks.



7. Spices, Seasonings, and Herbs

Exodus 30:23 NLT: *“Collect choice spices—12 pounds of pure myrrh, 6 pounds of fragrant cinnamon, 6 pounds of fragrant calamus.”*

Numbers 11:5 NIV: *“We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic.”*

In the Old and New Testament, scores of spices were used as both food and medicines, as well as in making perfumes or incense, and were given as expensive, royal gifts. Today, cumin is a great source of minerals such as calcium, potassium, and zinc and is

rich in B-complex vitamins. Cinnamon, known for its aromatic fragrance, as a spice has one of the highest antioxidant values known. Today garlic is often linked with helping heart and immune issues. Other spices of the Bible include coriander, frankincense, mint, dill, balm, aloes, myrrh, and rue. Each contained healing properties such as promoting digestion, aiding the immune system, relieving pain, or fighting infections.

Many of the biblical food spices make great additions to savory meals. In small quantities, cinnamon makes a great addition to deserts, smoothies, apple cider drinks, or even coffee.



8. Beans and Lentils

2 Samuel 17:28 NIV: They also brought wheat and barley, flour and roasted grain, beans and lentils.

Beans or lentils (legumes) were served widely in the Old Testament, probably since they are such good sources of protein. This may have been a part of the red stew that Jacob prepared for his brother Esau ([Genesis 25:30](#)) as well as in Daniel's "vegetarian" diet ([Daniel 1:12-13](#)).

Legumes are plentiful in foliate, especially important to pregnant women, are good antioxidants, and are low in saturated fats. And they make a great meatless meal with their high protein and high fiber value. Who can resist a Southern recipe of cornbread



9. Nuts

Genesis 43:11 NASB: *Then their father Israel said to them, "If it must be so, then do this: take some of the best products of the land in your bags, and carry down to the man as a present, a little balm and a little honey, aromatic gum and myrrh, pistachio nuts and almonds."*

Pistachio and almond nuts, both found in the Bible, are low calorie snacks. Pistachio nuts are high as antioxidants and contain more lutein (1000%) than other nuts. Like grapes, they also contain resveratrol, a cancer-protection ingredient.

Almonds, mentioned several times in the Bible, are one of the highest protein and fiber nuts and contain manganese, magnesium, and calcium, necessary ingredients for the body. I keep my pantry stocked with almonds as snacks or as ingredients in salads or baking.



10. Flax

Proverbs 31:13 NIV: She selects wool and flax and works with eager hands.

Flax was used with linen in the Bible to make clothes. But it also had great medicinal value because of its high fiber, Omega-3

fatty acids, protein, and lignan count. It contains one of the highest plant sources of lignans, almost 800 times more than any other. These help as antioxidants, in maintaining blood sugar, cholesterol and even in cancer prevention.

I like to use ground flaxseed as a great nutrition boost in cereals, smoothies, or even in baking. Flaxseed oil, though pricey, is available in most health food stores.

These are just a few of the healing foods in the Bible that offer us good eating choices. And the more we can eat “grass-fed” and organic products to protect from harmful antibiotics or pesticides, the better our foods can help to keep us healthy. When sin entered the world, disease entered too. But God in His great wisdom created the sources we needed—and the wisdom to use them the best we can to honor Him and keep our bodies healthy as temples of the Holy Spirit.