

What is Wheat Germ?



Wheat germ is the embryo of the wheat kernel, which nourishes a new wheat plant as this is where the sprout originates. During the refining process, when whole wheat grains are made into white flour, the wheat germ is removed along with the wheat kernel. This is due to the fact that it is very oily and should be refrigerated to keep from becoming rancid.

Wheat germ is power packed with nutrition. It is rich in vitamins and minerals - such as folate, niacin, magnesium and iron - as well as protein and fiber. It has a nutty flavor and is generally used as a nutritional supplement on breakfast cereals, in whole grain recipes for muffins and breads and, toasted, as a crunchy topping for hot cereals, fruits and desserts.

Rating:

