

This list of healthier bread options was compiled on February 20, 2014 by FoodBabe.com.

Please note ingredients may change over time, please check with manufacturer for latest updates.

1. Ezekiel

Ezekiel 4:9 Sprouted Grain Bread: Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast, Organic Wheat Gluten, Sea Salt.

Ezekiel 4:9 Cinnamon Raisin Sprouted Whole Grain Bread: Organic Sprouted Wheat, Filtered Water, Organic Raisins, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Fresh Yeast, Organic Wheat Gluten, Sea Salt, Organic Cinnamon.

Gluten-Free Rice Almond Bread: Organic Brown Rice Flour, Filtered Water, Organic White Rice Flour, Organic Agave, Almond Meal, Organic Tapioca Flour, Safflower Oil, Organic Chia Seeds and/or Organic Flax Seeds, Fresh Yeast, Vegetable Gum (Xanthan and/or Cellulose), Rice Bran, Arrow Root, Herbs.

Gluten-Free Exotic Black Rice Bread: Black Rice Flour, Organic Brown Rice Flour, Filtered Water, Organic Agave, Organic Tapioca Flour, Safflower Oil, Organic Chia Seeds, Fresh Yeast, Rice Bran, Sea Salt, Vegetable Gum (Xanthan and/or Cellulose).

2. Manna Bread

Sunseed Bread: Sprouted organic wheat kernels, filtered water, organic sunflower seeds, organic sesame seeds, organic flax seeds, organic millet, organic poppy seeds, organic caraway seeds.

Banana Walnut Hemp Bread: Sprouted organic wheat kernels, filtered water, organic dried banana, organic walnuts, organic flax seeds, organic hemp seeds.

Gluten-Free Ancient Grains Bread: Filtered Water, Organic Brown Rice flour, Organic Sorghum flour, Organic Corn Starch, Organic Sunflower Oil, Sprouted Organic Sunflower Seeds, Organic Millet, Sprouted Organic Amaranth, Organic Evaporated Cane Juice Crystals, Organic Flaxseed, Sea Salt, Sprouted Organic Quinoa, Xanthan Gum (non-GMO), Yeast, Sprouted Organic Chia Seeds.

3. Rudi's

Sprouted Multi-Grain Bread: Organic sprouted wheat, organic wheat flour, filtered water, wheat gluten, multi mix (organic millet, organic cracked wheat, organic cornmeal, organic rolled oats, organic rye flakes, organic sunflower seeds, organic flax seeds), fresh yeast, organic evaporated cane juice, molasses, organic vinegar, cultured wheat, organic rolled oats, sea salt, safflower oil.

Spelt Ancient Grain Bread: Organic spelt flour, water, organic evaporated cane juice, organic quinoa flour, organic sesame seeds, organic millet, organic flax seed, organic amaranth flour, organic kamut flour, organic sunflower seeds, organic high oleic sunflower and/or safflower oil, sea salt, organic potato flour, organic vinegar, organic oat flour, yeast, organic cultured whole spelt flour, organic molasses, lactic acid, ascorbic acid, natural enzymes.

4. Nature's Path

Gluten-Free Super Chia Bread: Filtered Water, Organic Brown Rice Flour, Organic Whole Sorghum Flour, Organic Corn Starch, Organic Sunflower Oil, Organic Evaporated Cane Juice Crystals, Sea Salt, Sprouted Organic Chia Seeds, Xanthan Gum (non-GMO), Yeast

Gluten-Free Cinnamon Raisin Bread: Filtered Water, Organic Brown Rice Flour, Organic Raisins, Organic Whole Sorghum Flour, Organic Corn Starch, Organic Sunflower Oil, Organic Evaporated Cane Juice Crystals, Sea Salt, Organic Cinnamon, Yeast, Xanthan Gum (non-GMO), Sprouted Organic Chia Seeds

Manna Bread acquired Nature's Path Manna division. Nature's Path only has gluten free bread.

5. Dave's killer bread

Sprouted Wheat Bread: Organic sprouted whole wheat, water, organic good seed mix (organic whole ground flaxseeds, organic sunflower seeds, organic whole flaxseeds, organic unhulled brown sesame seeds, organic unhulled black sesame seeds, organic pumpkin seeds), organic dried cane syrup (sugar), organic vital wheat gluten, organic molasses, yeast, organic oat fiber, sea salt, organic cultured wheat.

Good Seed Spelt Bread: Organic whole-grain spelt flour (wheat), water, good seed mix (organic whole flaxseeds, organic ground whole flaxseeds, organic sunflower seeds, organic unhulled brown sesame seeds, organic unhulled black sesame seeds), organic dried cane syrup (sugar), organic molasses, sea salt, yeast.

6. Alvarado St. Bakery

Sprouted Wheat Multi-Grain Bread: Sprouted Organic Whole Wheat Berries, Organic Cracked Wheat, Organic Sunflower Seeds, Organic Flax Seeds, Soy Based Lecithin (non-GMO), Organic Corn Meal, Cultured Wheat, Organic Millet, Wheat Gluten, Filtered Water, Organic Oats, Organic Rye, Fresh Yeast, Sea Salt, Molasses, Honey

Sprouted Sourdough Bread: Sprouted Organic Whole Wheat Berries, Soy Based Lecithin (non-GMO), Filtered Water, Cultured Wheat, Wheat Gluten, Fresh Yeast, Sea Salt, Honey

7. Ancient Grains Bakery (limited stores)

Sunny Millet Toaster Cakes: Organic fresh carrots, organic millet flour, maple syrup, organic extra virgin coconut oil, organic golden flax seeds, sea salt.

Good Morning Millet Toaster Cakes: Organic whole millet, organic millet flour, organic dates, organic agave nectar, organic extra virgin coconut oil, organic flax seeds, sea salt. (gluten-free)

8. Canyon Bakehouse

Gluten-Free Deli Rye Style Bread: Water, Brown Rice Flour, Whole Grain Sorghum Flour, Tapioca Flour, Xanthan Gum, Cultured Brown Rice Flour, Ground Caraway, Eggs, Whole Caraway Seed, Organic Agave Syrup, Extra Virgin Olive Oil, Whole Grain Millet Flour, Potato Flour, Sea Salt, Yeast, Natural Enzymes

9. Happy Campers

Buckwheat Bread: (*ORGANIC): Water, Flour Mix (*Whole Buckwheat Seed, *Whole Millet Seed, *Whole Teff Seed, *Whole Quinoa Seed, *Whole Amaranth Seed), *Tapioca Flour, *Molasses, *Extra Virgin Olive Oil, Pea Protein, *Inulin, *Sunflower Seed, *Flax Seed, *Pumpkin Seed, *Millet Seed, Psyllium Husk, Yeast, Xanthan Gum, Raisin Juice, Sea Salt, Cultured Tapioca Dextrose, *Cacao