



# Everything Essene Bread: Simple Guide to Essene Bread, (Manna Bread/Sprout Bread) with Recipes

*Karen Romani*

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## **Everything Essene Bread: Simple Guide to Essene Bread, (Manna Bread/Sprout Bread) with Recipes**

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**DISCOVER:** How an Essene Bread Diet can Benefit your Daily Life.

The consumption of Essene Bread can be beneficial to your health in numerous and significant ways. Here, you will find some of the best and most noteworthy benefits that Essene bread offers to your general health when you make the decision to add this considerably healthy whole grain bread your normal diet, especially if you consume it on a regular basis.

**LEARN:** Easy to Make Essene Bread Recipes.

Although the process itself can be pretty time consuming and require a significant amount of care, patience and organic all-natural ingredients, it is very possible to make your own Essene right in the confines of your very own kitchen.

**BOOK BONUS:**

Learn more amazing facts about Essene bread. Did you know there is a book called the Essene Gospel of Peace. The book is a first century Aramaic text that, on its 32nd page, has the dialogue of Master who is relaying instructions on how to make Essene bread. This manuscript containing the first ever written recipe for Essene bread dates all the way back to ancient times when the Essene bread wafers were made from a paste that contained water and grain and were then “cooked” by being placed on sun-heated stones.

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