

Table S1 Recipes for control and sourdough breads. CWB, control wheat bread started with baker's yeast; SB-SL SWB EPS NEG, bread containing wheat flour added with 30% (w/w) sprouted barley-sprouted lentil (30:70%) sourdough fermented by *Leuconostoc pseudomesenteroides* DSM 20193; SB-SL SWB EPS POS, bread containing wheat flour added of 30% (w/w) dextran-containing sprouted barley-sprouted lentil (30:70% w/w) sourdough fermented by *L. pseudomesenteroides* DSM 20193. The strain was inoculated at ca. 7 log cfu/g and sourdough fermented at 20 °C for 24 h. Doughs for bread making had DY 162.

Recipes	CWB		SB-SL SWB EPS NEG		SB-SL WB EPS POS	
	% d.w. ¹	% f.w. ²	% d.w.	% f.w.	% d.w.	% f.w.
Sourdough composition	Sprouted barley flour		2.7	4.5	2.7	4.5
	Sprouted lentil flour		6.4	10.5	6.4	10.5
	Water		21.2	35	21.2	35
	Sucrose		1.5	2.4	1.5	2.4
Bread						
Sourdough	-	-	30.3	49	30.3	49
Wheat flour	61.7	100	51.7	85	51.7	85
Water	38.3	62	17.1	28	17.1	28
Fresh yeast	0.7	1.1	0.7	1.1	0.7	1.1
Salt	1.1	1.8	1.1	1.8	1.1	1.8
Flour Sum	61.7	100.0	61.7	100.0	61.7	100.0
Water sum	38.3	62.0	38.3	62.0	38.3	62.0

¹d.w., dough weight

²f.w., flour weight

Table S2 Acidity (pH) and viscosity (Pa s^{-1}) values for doughs without sucrose addition (EPS NEG) and sucrose-supplemented (EPS POS) (16% of flour weight) obtained from native barley (B), sprouted barley (SB) and blends of sprouted barley with native lentil (SB-L) or sprouted lentil (SB-SL) flours at different ratio (60:40 and 70:30 ratios), before (T0 h) and after (T24 h) fermentation at 20°C and 25°C by *Lactobacillus plantarum* DPPMAB24W (B24W) as non EPS producing strain or with the selected dextran-producing strains *Weissella confusa* SLA4 (SLA4), *Weissella paramesenteroides* SLA5 (SLA5), *Leuconostoc pseudomesenteroides* DSM 20193 (20193) and *Weissella confusa* DSM 20194 (20194). Doughs prepared without starter and without the addition of sucrose were used as control (CT).

DY ¹	Sucrose	Dough Code	Fermentation at 20 °C				Fermentation at 25 °C			
			T0 h		T24 h		T0 h		T24 h	
			pH	Viscosity	pH	Viscosity	pH	Viscosity	pH	Viscosity
500			Native barley sourdough							
	-	B_CT	5.81 ± 0.14b	0.19 ± 0.02b	4.42 ± 0.18b	0.21 ± 0.13b	5.8 ± 0.04c	0.17 ± 0.02c	4.27 ± 0.16b	0.19 ± 0.06b
	+	B-B24W	5.84 ± 0.15b	0.16 ± 0.07c	3.66 ± 0.24c	0.23 ± 0.15b	5.85 ± 0.1c	0.21 ± 0.08b	3.56 ± 0.17c	0.23 ± 0.1b
	+	B-SLA4_EPS POS	5.85 ± 0.09b	0.14 ± 0.1c	3.74 ± 0.25c	0.3 ± 0.16b	5.83 ± 0.14c	0.16 ± 0.1c	3.63 ± 0.16c	0.39 ± 0.13b
	-	B-SLA4_EPS NEG	5.81 ± 0.08b	0.13 ± 0.12c	3.7 ± 0.26c	0.32 ± 0.16b	5.79 ± 0.06c	0.15 ± 0.12c	3.68 ± 0.01c	0.37 ± 0.14b
	+	B-SLA5_EPS POS	5.83 ± 0.11b	0.15 ± 0.05c	3.91 ± 0.08c	0.3 ± 0.16b	5.81 ± 0.17c	0.16 ± 0.13c	3.74 ± 0.19c	0.43 ± 0.02b
	-	B-SLA5_EPS NEG	5.75 ± 0.12b	0.12 ± 0.15c	3.88 ± 0.05c	0.33 ± 0.03b	5.86 ± 0.19c	0.14 ± 0.11c	3.82 ± 0.2c	0.35 ± 0.15b
	+	B- DSM20193_EPS POS	5.87 ± 0.03b	0.14 ± 0.02c	3.9 ± 0.19c	0.35 ± 0.17b	5.84 ± 0.2c	0.17 ± 0.15c	3.83 ± 0.21c	0.39 ± 0.15b
	-	B- DSM20193_EPS NEG	5.77 ± 0.05b	0.11 ± 0.16c	3.97 ± 0.3c	0.22 ± 0.34b	5.81 ± 0.21c	0.13 ± 0.01c	3.88 ± 0.08b	0.31 ± 0.36b
	+	B- DSM20194_EPS POS	5.81 ± 0.04b	0.15 ± 0.16c	3.95 ± 0.03c	0.3 ± 0.14b	5.81 ± 0.22c	0.14 ± 0.16c	3.62 ± 0.22c	0.39 ± 0.36b
-	B- DSM20194_EPS NEG	5.9 ± 0.15b	0.16 ± 0.17c	3.91 ± 0.24c	0.32 ± 0.34b	5.78 ± 0.08c	0.17 ± 0.17c	3.6 ± 0.02c	0.43 ± 0.14b	
500			Sprouted barley sourdough							
	-	SB_CT	5.83 ± 0.06b	0.11 ± 0.01c	4.01 ± 0.31c	0.22 ± 0.33b	5.83 ± 0.22c	0.13 ± 0.03c	3.82 ± 0.03c	0.35 ± 0.44b
	+	SB-B24W	5.84 ± 0.03b	0.13 ± 0.16c	3.62 ± 0.35c	0.26 ± 0.03b	5.84 ± 0.22c	0.14 ± 0.17c	3.51 ± 0.24c	0.37 ± 0.05b
	+	SB-SLA4_EPS POS	5.81 ± 0.15b	0.16 ± 0.16c	3.75 ± 0.34c	0.32 ± 0.32b	5.82 ± 0.22c	0.18 ± 0.16b	3.73 ± 0.22c	0.39 ± 0.44b

-	SB-SLA4_EPS NEG	5.83 ± 0.15b	0.14 ± 0.01c	3.77 ± 0.33c	0.28 ± 0.32b	5.84 ± 0.21c	0.18 ± 0.16b	3.76 ± 0.22c	0.43 ± 0.01b
+	SB-SLA5_EPS POS	5.8 ± 0.14b	0.13 ± 0.15c	3.72 ± 0.32c	0.26 ± 0.31b	5.81 ± 0.07c	0.14 ± 0.05c	3.61 ± 0.21c	0.35 ± 0.43b
-	SB-SLA5_EPS NEG	5.75 ± 0.14b	0.15 ± 0.14c	3.74 ± 0.3c	0.3 ± 0.05b	5.77 ± 0.2c	0.15 ± 0.15c	3.68 ± 0.2c	0.33 ± 0.23b
+	SB- DSM20193_EPS POS	5.85 ± 0.11b	0.16 ± 0.13c	3.71 ± 0.28c	0.63 ± 0.29b	5.86 ± 0.18c	0.17 ± 0.14c	3.72 ± 0.19c	0.39 ± 0.42b
-	SB- DSM20193_EPS NEG	5.83 ± 0.15b	0.13 ± 0.11c	3.83 ± 0.26c	0.33 ± 0.41b	5.84 ± 0.16c	0.12 ± 0.13c	3.78 ± 0.17c	0.31 ± 0.04b
+	SB- DSM20194_EPS POS	5.87 ± 0.15b	0.12 ± 0.09c	3.78 ± 0.24c	0.73 ± 0.01b	5.83 ± 0.15c	0.12 ± 0.11c	3.67 ± 0.16c	0.29 ± 0.48b
-	SB- DSM20194_EPS NEG	5.78 ± 0.07b	0.19 ± 0.06	3.65 ± 0.22c	0.45 ± 0.4b	5.71 ± 0.12c	0.14 ± 0.08c	3.78 ± 0.14c	0.35 ± 0.51b
Sprouted barley-sprouted lentil sourdough (40:60 ratio)									
-	SB-SL_CT	6.23 ± 0.16a	0.45 ± 0.02a	4.75 ± 0.17a	0.63 ± 0.39b	6.24 ± 0.02b	0.48 ± 0.02a	4.31 ± 0a	0.74 ± 0.11b
+	SB-SL-B24W	6.26 ± 0.16a	0.47 ± 0.03a	4.21 ± 0.16b	0.71 ± 0.39b	6.26 ± 0.03b	0.45 ± 0.02b	3.83 ± 0.12b	0.79 ± 0.51b
+	SB-SL- SLA5_EPS POS	6.2 ± 0.18a	0.49 ± 0.03a	4.23 ± 0.16b	0.51 ± 0.29b	6.2 ± 0.03b	0.49 ± 0.03a	4.06 ± 0.01b	0.61 ± 0.51b
-	SB-SL- SLA5_EPS NEG	6.21 ± 0.01a	0.45 ± 0a	4.37 ± 0.16b	0.48 ± 0.09b	6.23 ± 0.02b	0.47 ± 0a	4.09 ± 0.12b	0.64 ± 0.02b
+	SB-SL- SLA4_EPS POS	6.24 ± 0.04a	0.46 ± 0.03a	4.24 ± 0.16b	0.53 ± 0.39b	6.21 ± 0.02b	0.48 ± 0.03a	4.12 ± 0.12b	0.5 ± 0.5b
-	SB-SL- SLA4_EPS NEG	6.27 ± 0.08a	0.48 ± 0a	4.28 ± 0.16b	0.55 ± 0.31b	6.23 ± 0.02b	0.46 ± 0.03a	4.16 ± 0b	0.65 ± 0.04b
+	SB-SL- DSM20193_EPS POS	6.21 ± 0.09a	0.45 ± 0.03a	4.2 ± 0.16b	1.77 ± 0.39a	6.23 ± 0.02b	0.47 ± 0a	4 ± 0.12b	1.93 ± 0.48a

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350	-	SB-SL- DSM20193_EPS NEG	$6.19 \pm 0.12a$	$0.48 \pm 0.01a$	$4.23 \pm 0.05b$	$0.6 \pm 0.03b$	$6.28 \pm 0.02a$	$0.48 \pm 0.03a$	$4.04 \pm 0.02b$	$0.49 \pm 0.02b$
	+	SB-SL- DSM20194_EPS POS	$6.22 \pm 0.13a$	$0.47 \pm 0.03a$	$4.21 \pm 0b$	$0.63 \pm 0.43b$	$6.21 \pm 0.02b$	$0.51 \pm 0.03a$	$4.11 \pm 0.12b$	$1.72 \pm 0.48a$
	-	SB-SL- DSM20194_EPS NEG	$6.18 \pm 0.01a$	$0.45 \pm 0.02a$	$4.33 \pm 0.16b$	$0.51 \pm 0.43b$	$6.25 \pm 0.02b$	$0.47 \pm 0.03a$	$4.14 \pm 0.03b$	$0.63 \pm 0.03b$
	-	SB-SL_CT	$6.29 \pm 0.05a$	$0.39 \pm 0.02b$	$4.74 \pm 0.01a$	$0.44 \pm 0.33b$	$6.25 \pm 0.02b$	$0.43 \pm 0b$	$4.31 \pm 0.12a$	$0.84 \pm 0.5b$
	+	SB-SL-B24W	$6.31 \pm 0.01a$	$0.42 \pm 0.03b$	$4.24 \pm 0.12b$	$0.58 \pm 0.44b$	$6.26 \pm 0.02b$	$0.42 \pm 0.05b$	$3.83 \pm 0.08b$	$0.79 \pm 0.05b$
	+	SB-SL- SLA5_EPS POS	$6.25 \pm 0.02a$	$0.41 \pm 0.05b$	$4.24 \pm 0.15b$	$0.76 \pm 0.14b$	$6.23 \pm 0.02b$	$0.47 \pm 0.01a$	$4.06 \pm 0.14b$	$0.95 \pm 0.56b$
	-	SB-SL- SLA5_EPS NEG	$6.27 \pm 0.01a$	$0.45 \pm 0.05a$	$4.36 \pm 0.15b$	$0.47 \pm 0.47b$	$6.24 \pm 0.02b$	$0.5 \pm 0.06a$	$4.09 \pm 0.15b$	$0.64 \pm 0.58b$
	+	SB-SL- SLA4_EPS POS	$6.3 \pm 0.16a$	$0.46 \pm 0.06a$	$4.25 \pm 0.14b$	$0.59 \pm 0.39b$	$6.21 \pm 0.02b$	$0.44 \pm 0.07b$	$4.12 \pm 0.15b$	$0.84 \pm 0.03b$
	-	SB-SL- SLA4_EPS NEG	$6.33 \pm 0.16a$	$0.45 \pm 0a$	$4.27 \pm 0.14b$	$0.48 \pm 0.47b$	$6.23 \pm 0.02b$	$0.51 \pm 0.07a$	$4.16 \pm 0.16b$	$0.65 \pm 0.59b$
	+	SB-SL- DSM20193_EPS POS	$6.26 \pm 0.16a$	$0.41 \pm 0.05b$	$4.21 \pm 0.14b$	$1.89 \pm 0.47a$	$6.22 \pm 0.02b$	$0.49 \pm 0a$	$4 \pm 0.16b$	$1.94 \pm 0.59a$
400	-	SB-SL- DSM20193_EPS NEG	$6.24 \pm 0.01a$	$0.44 \pm 0.05a$	$4.25 \pm 0b$	$0.59 \pm 0.26b$	$6.25 \pm 0.02b$	$0.48 \pm 0.06a$	$4.04 \pm 0.01b$	$0.53 \pm 0.49b$
	+	SB-SL- DSM20194_EPS POS	$6.28 \pm 0.16a$	$0.43 \pm 0.04b$	$4.22 \pm 0.15b$	$0.84 \pm 0.56b$	$6.25 \pm 0.02b$	$0.44 \pm 0.05b$	$4.11 \pm 0.17b$	$1.82 \pm 0.29a$
	-	SB-SL- DSM20194_EPS NEG	$6.24 \pm 0.08a$	$0.42 \pm 0.03b$	$4.32 \pm 0.02b$	$0.53 \pm 0.56b$	$6.22 \pm 0.02b$	$0.42 \pm 0.04b$	$4.14 \pm 0.17b$	$0.66 \pm 0.32b$
	-	SB-SL_CT	$6.28 \pm 0.16a$	$0.35 \pm 0.02b$	$4.6 \pm 0.15a$	$0.3 \pm 0.47b$	$6.2 \pm 0.03b$	$0.36 \pm 0.01b$	$4.44 \pm 0.06a$	$0.37 \pm 0.34b$
	+	SB-SL-B24W	$6.22 \pm 0.11a$	$0.32 \pm 0.04b$	$4.02 \pm 0.17c$	$0.33 \pm 0.56b$	$6.22 \pm 0b$	$0.38 \pm 0.05b$	$3.91 \pm 0.18b$	$0.39 \pm 0.01b$

450	+	SB-SL- SLA5_EPS POS	$6.2 \pm 0.16a$	$0.33 \pm 0.06b$	$4.23 \pm 0.15b$	$0.37 \pm 0.51b$	$6.21 \pm 0.02b$	$0.32 \pm 0.06b$	$3.94 \pm 0.19b$	$0.41 \pm 0.36b$
	-	SB-SL- SLA5_EPS NEG	$6.22 \pm 0.12a$	$0.31 \pm 0.06b$	$4.26 \pm 0.15b$	$0.43 \pm 0.56b$	$6.23 \pm 0.02b$	$0.34 \pm 0b$	$3.99 \pm 0.2b$	$0.37 \pm 0.27b$
	+	SB-SL- SLA4_EPS POS	$6.23 \pm 0.16a$	$0.32 \pm 0.06b$	$4.2 \pm 0.02b$	$0.55 \pm 0.06b$	$6.2 \pm 0.02b$	$0.31 \pm 0.06b$	$3.92 \pm 0.21b$	$0.8 \pm 0.17b$
	-	SB-SL- SLA4_EPS NEG	$6.25 \pm 0.13a$	$0.37 \pm 0b$	$4.24 \pm 0.14b$	$0.49 \pm 0.57b$	$6.24 \pm 0b$	$0.36 \pm 0.01b$	$3.95 \pm 0.2b$	$0.57 \pm 0.37b$
	+	SB-SL- DSM20193_EPS POS	$6.26 \pm 0.01a$	$0.31 \pm 0.01b$	$4.26 \pm 0.13b$	$2.2 \pm 0.27a$	$6.24 \pm 0.02b$	$0.3 \pm 0.06b$	$3.9 \pm 0.19b$	$1.4 \pm 0.38a$
	-	SB-SL- DSM20193_EPS NEG	$6.2 \pm 0.15a$	$0.34 \pm 0.06b$	$4.38 \pm 0.12b$	$0.61 \pm 0.37b$	$6.23 \pm 0.02b$	$0.38 \pm 0.06b$	$3.94 \pm 0.07b$	$0.75 \pm 0.29b$
	+	SB-SL- DSM20194_EPS POS	$6.24 \pm 0.16a$	$0.34 \pm 0.06b$	$4.23 \pm 0.12b$	$0.5 \pm 0.38b$	$6.27 \pm 0.03a$	$0.34 \pm 0.05b$	$3.92 \pm 0.16b$	$0.9 \pm 0.29b$
	-	SB-SL- DSM20194_EPS NEG	$6.29 \pm 0.22a$	$0.38 \pm 0.05b$	$4.36 \pm 0.11b$	$0.42 \pm 0.39b$	$6.27 \pm 0.02a$	$0.3 \pm 0.04b$	$4.01 \pm 0.12b$	$0.38 \pm 0.01b$
	-	SB-SL_CT	$6.24 \pm 0.17a$	$0.22 \pm 0.03b$	$4.7 \pm 0.11a$	$0.33 \pm 0.39b$	$6.23 \pm 0.02b$	$0.2 \pm 0.03b$	$4.5 \pm 0.1a$	$0.24 \pm 0.02b$
	+	SB-SL-B24W	$6.2 \pm 0.05a$	$0.2 \pm 0.03b$	$4.36 \pm 0.19b$	$0.38 \pm 0.02b$	$6.2 \pm 0b$	$0.22 \pm 0b$	$4.25 \pm 0.19b$	$0.28 \pm 0.18b$
	+	SB-SL- SLA5_EPS POS	$6.22 \pm 0.04a$	$0.26 \pm 0.03b$	$4.41 \pm 0.19b$	$0.4 \pm 0.41b$	$6.25 \pm 0.02b$	$0.25 \pm 0.03b$	$4.22 \pm 0.19b$	$0.28 \pm 0.05b$
	-	SB-SL- SLA5_EPS NEG	$6.21 \pm 0.01a$	$0.3 \pm 0.04b$	$4.38 \pm 0.2b$	$0.37 \pm 0.28b$	$6.22 \pm 0.02b$	$0.29 \pm 0.04b$	$4.28 \pm 0a$	$0.34 \pm 0.26b$
	+	SB-SL- SLA4_EPS POS	$6.2 \pm 0.08a$	$0.24 \pm 0.03b$	$4.44 \pm 0.19b$	$0.91 \pm 0.42b$	$6.23 \pm 0.02b$	$0.21 \pm 0b$	$4.2 \pm 0.02b$	$0.7 \pm 0.27b$
	-	SB-SL- SLA4_EPS NEG	$6.26 \pm 0.01a$	$0.25 \pm 0.03b$	$4.54 \pm 0.2b$	$0.33 \pm 0.4b$	$6.24 \pm 0.02b$	$0.25 \pm 0.04b$	$4.18 \pm 0.08b$	$0.33 \pm 0.25b$

500	+	SB-SL- DSM20193_EPS POS	$6.24 \pm 0.03a$	$0.21 \pm 0.03b$	$4.4 \pm 0.2b$	$1.5 \pm 0.01a$	$6.24 \pm 0b$	$0.22 \pm 0.04b$	$4.22 \pm 0.07b$	$1 \pm 0a$
	-	SB-SL- DSM20193_EPS NEG	$6.22 \pm 0.05a$	$0.27 \pm 0.03b$	$4.38 \pm 0.2b$	$0.25 \pm 0.39b$	$6.19 \pm 0b$	$0.2 \pm 0.01b$	$4.15 \pm 0.04b$	$0.21 \pm 0.05b$
	+	SB-SL- DSM20194_EPS POS	$6.26 \pm 0.11a$	$0.23 \pm 0.03b$	$4.43 \pm 0.2b$	$0.7 \pm 0.19b$	$6.21 \pm 0.02b$	$0.24 \pm 0.02b$	$4.21 \pm 0.18b$	$0.3 \pm 0b$
	-	SB-SL- DSM20194_EPS NEG	$6.24 \pm 0.25a$	$0.25 \pm 0b$	$4.35 \pm 0.2b$	$0.42 \pm 0.39b$	$6.23 \pm 0.02b$	$0.27 \pm 0.04b$	$4.24 \pm 0.18b$	$0.32 \pm 0.05b$
	-	SB-SL_CT	$6.26 \pm 0.04a$	$0.21 \pm 0.03b$	$5 \pm 0.2a$	$0.24 \pm 0.4b$	$6.23 \pm 0.02b$	$0.22 \pm 0.03b$	$4.8 \pm 0.01a$	$0.25 \pm 0.03b$
	+	SB-SL-B24W	$6.2 \pm 0.03a$	$0.18 \pm 0.1b$	$4.39 \pm 0.15b$	$0.2 \pm 0.23b$	$6.21 \pm 0.04b$	$0.21 \pm 0.11b$	$4.41 \pm 0.13a$	$0.24 \pm 0.11b$
	+	SB-SL- SLA5_EPS POS	$6.23 \pm 0.16a$	$0.19 \pm 0.13b$	$4.63 \pm 0.17a$	$0.21 \pm 0.39b$	$6.24 \pm 0.06b$	$0.16 \pm 0.16c$	$4.22 \pm 0.16b$	$0.18 \pm 0.16b$
	-	SB-SL- SLA5_EPS NEG	$6.26 \pm 0.16a$	$0.17 \pm 0.14b$	$4.44 \pm 0.16b$	$0.23 \pm 0.37b$	$6.2 \pm 0.06b$	$0.15 \pm 0.19c$	$4.25 \pm 0.19b$	$0.16 \pm 0.19b$
	+	SB-SL- SLA4_EPS POS	$6.25 \pm 0.16a$	$0.23 \pm 0.15b$	$4.62 \pm 0.01a$	$0.25 \pm 0.13b$	$6.27 \pm 0.06a$	$0.19 \pm 0.19b$	$4.43 \pm 0.23a$	$0.21 \pm 0.19b$
	-	SB-SL- SLA4_EPS NEG	$6.22 \pm 0.16a$	$0.25 \pm 0.16b$	$4.56 \pm 0.16b$	$0.23 \pm 0.36b$	$6.24 \pm 0.05b$	$0.17 \pm 0.01c$	$4.36 \pm 0.23a$	$0.19 \pm 0b$
	+	SB-SL- DSM20193_EPS POS	$6.24 \pm 0.16a$	$0.22 \pm 0b$	$4.4 \pm 0.15b$	$1.43 \pm 0.34a$	$6.22 \pm 0.05b$	$0.24 \pm 0.18b$	$4.21 \pm 0.26b$	$0.26 \pm 0.19b$
	-	SB-SL- DSM20193_EPS NEG	$6.21 \pm 0.16a$	$0.26 \pm 0.16b$	$4.37 \pm 0.15b$	$0.24 \pm 0.49b$	$6.19 \pm 0.05b$	$0.23 \pm 0.17b$	$4.23 \pm 0.01b$	$0.25 \pm 0.48b$
	+	SB-SL- DSM20194_EPS POS	$6.21 \pm 0.16a$	$0.18 \pm 0.14b$	$4.41 \pm 0.16b$	$0.75 \pm 0.4b$	$6.21 \pm 0.05b$	$0.19 \pm 0.16b$	$4.42 \pm 0.29a$	$0.21 \pm 0.47b$

	-	SB-SL- DSM20194_EPS NEG	6.22 ± 0.16a	0.25 ± 0.1b	4.39 ± 0.01b	0.27 ± 0.92b	6.25 ± 0.04b	0.22 ± 0.11b	4.31 ± 0.27a	0.24 ± 0.13b
	Sprouted barley-sprouted lentil sourdough (30:70 ratio)									
333	-	SB-SL_CT	6.1 ± 0.03a	0.52 ± 0.03a	4.81 ± 0.17a	0.57 ± 0.9b	6.12 ± 0.02b	0.54 ± 0.03a	4.61 ± 0.26a	0.56 ± 0.5b
	+	SB-SL-B24W	6.11 ± 0.08a	0.51 ± 0.06a	4.22 ± 0.16b	0.56 ± 0.65b	6.1 ± 0.02b	0.59 ± 0.06a	4.04 ± 0.02b	0.61 ± 0.51b
	+	SB-SL- SLA5_EPS POS	6.14 ± 0.04a	0.5 ± 0.07a	4.41 ± 0.16b	0.53 ± 0.88b	6.13 ± 0.02b	0.6 ± 0.08a	3.94 ± 0.26b	0.63 ± 0.22b
	-	SB-SL- SLA5_EPS NEG	6.17 ± 0.01a	0.55 ± 0.08a	4.46 ± 0.16b	0.57 ± 0.92b	6.16 ± 0.02b	0.56 ± 0a	3.91 ± 0.26b	0.59 ± 0.43b
	+	SB-SL- SLA4_EPS POS	6.12 ± 0.01a	0.57 ± 0.09a	4.33 ± 0.16b	0.9 ± 0.93b	6.14 ± 0.02b	0.55 ± 0.09a	4 ± 0.26b	0.57 ± 0.05b
	-	SB-SL- SLA4_EPS NEG	6.15 ± 0.01a	0.58 ± 0.1a	4.38 ± 0.16b	0.64 ± 0.26b	6.15 ± 0.02b	0.58 ± 0.01a	3.76 ± 0.26c	0.62 ± 0.35b
	+	SB-SL- DSM20193_EPS POS	6.15 ± 0.02a	0.59 ± 0.09a	4.32 ± 0.1b	3.3 ± 0.93a	6.12 ± 0.02b	0.59 ± 0.09a	3.82 ± 0.26c	1.9 ± 0.56a
	-	SB-SL- DSM20193_EPS NEG	6.16 ± 0.15a	0.54 ± 0.08a	4.35 ± 0.16b	0.62 ± 0.89b	6.18 ± 0.02b	0.54 ± 0.08a	3.78 ± 0.14c	0.61 ± 0.17b
	+	SB-SL- DSM20194_EPS POS	6.13 ± 0.14a	0.52 ± 0.01a	4.23 ± 0.16b	1.9 ± 0.5a	6.13 ± 0.02b	0.52 ± 0.07a	4.2 ± 0.11b	1.67 ± 0.62a
350	-	SB-SL- DSM20194_EPS NEG	6.16 ± 0.16a	0.57 ± 0.06a	4.41 ± 0b	0.61 ± 0.91b	6.16 ± 0.02b	0.57 ± 0.06a	4.18 ± 0.26b	0.61 ± 0.66b
	-	SB-SL_CT	6.11 ± 0.18a	0.38 ± 0.02b	4.79 ± 0a	0.43 ± 0.65b	6.12 ± 0.02b	0.38 ± 0.03b	4.61 ± 0.26a	0.41 ± 0.38b
	+	SB-SL-B24W	6.1 ± 0.21a	0.41 ± 0.05b	4.21 ± 0.19b	0.53 ± 0.93b	6.11 ± 0.02b	0.41 ± 0.05b	4.04 ± 0.21b	0.45 ± 0.39b
	+	SB-SL- SLA5_EPS POS	6.11 ± 0.22a	0.4 ± 0.06b	4.38 ± 0.08b	0.45 ± 0.71b	6.12 ± 0.02b	0.42 ± 0.06b	3.94 ± 0.23b	0.48 ± 0.7b
	-	SB-SL- SLA5_EPS NEG	6.16 ± 0.15a	0.39 ± 0b	4.45 ± 0.21b	0.41 ± 0.95b	6.14 ± 0.02b	0.38 ± 0.07b	3.91 ± 0.23b	0.39 ± 0.71b

400	+	SB-SL-SLA4_EPS POS	6.12 ± 0.19a	0.34 ± 0b	4.32 ± 0.2b	0.93 ± 0.96b	6.13 ± 0.02b	0.35 ± 0.01b	4 ± 0b	0.53 ± 0.34b
	-	SB-SL-SLA4_EPS NEG	6.15 ± 0.09a	0.36 ± 0.07b	4.37 ± 0.21b	0.48 ± 0.97b	6.14 ± 0.03b	0.39 ± 0.07b	3.76 ± 0.23c	0.41 ± 0.44b
	+	SB-SL-DSM20193_EPS POS	6.14 ± 0.09a	0.39 ± 0b	4.31 ± 0.02b	3.15 ± 0.98a	6.11 ± 0.03b	0.37 ± 0.02b	3.82 ± 0.21c	2.15 ± 0.73a
	-	SB-SL-DSM20193_EPS NEG	6.15 ± 0.08a	0.41 ± 0.07b	4.34 ± 0.22b	0.42 ± 0.57b	6.17 ± 0.02b	0.43 ± 0.07b	3.78 ± 0.2c	0.48 ± 0.58b
	+	SB-SL-DSM20194_EPS POS	6.12 ± 0.05a	0.35 ± 0.05b	4.22 ± 0.22b	1.98 ± 0.47a	6.13 ± 0.02b	0.39 ± 0.05b	4.2 ± 0.18b	1.89 ± 0.19a
	-	SB-SL-DSM20194_EPS NEG	6.15 ± 0.01a	0.39 ± 0.05b	4.42 ± 0.01b	0.43 ± 0.37b	6.16 ± 0.02b	0.36 ± 0.04b	4.18 ± 0.17b	0.42 ± 0.45b
	-	SB-SL_CT	6.12 ± 0.02a	0.25 ± 0.02b	4.9 ± 0.21a	0.33 ± 0.38b	6.1 ± 0.02b	0.26 ± 0.02b	4.41 ± 0a	0.14 ± 0.25b
	+	SB-SL-B24W	6.13 ± 0.01a	0.26 ± 0.02b	4.13 ± 0.06b	0.31 ± 0.08b	6.12 ± 0b	0.24 ± 0b	3.72 ± 0.17c	0.29 ± 0.01b
	+	SB-SL-SLA5_EPS POS	6.18 ± 0.03a	0.23 ± 0.02b	4.31 ± 0.14b	0.28 ± 0.39b	6.14 ± 0.02b	0.26 ± 0.02b	4 ± 0.14b	0.28 ± 0.44b
	-	SB-SL-SLA5_EPS NEG	6.15 ± 0.02a	0.25 ± 0.02b	4.36 ± 0.15b	0.33 ± 0.39b	6.13 ± 0.01b	0.28 ± 0.02b	3.98 ± 0.14b	0.28 ± 0.23b
	+	SB-SL-SLA4_EPS POS	6.16 ± 0.01a	0.28 ± 0.03b	4.23 ± 0.03b	0.32 ± 0.4b	6.18 ± 0.04b	0.27 ± 0.03b	4.04 ± 0.04b	0.31 ± 0.44b
	-	SB-SL-SLA4_EPS NEG	6.19 ± 0.07a	0.29 ± 0.04b	4.18 ± 0.14b	0.31 ± 0.42b	6.14 ± 0.02b	0.29 ± 0.04b	4.01 ± 0.05b	0.36 ± 0.17b
	+	SB-SL-DSM20193_EPS POS	6.12 ± 0.11a	0.22 ± 0.01b	4.34 ± 0.12b	1.3 ± 0.03a	6.16 ± 0.05b	0.23 ± 0.04b	4.12 ± 0.14b	1.44 ± 0.45a
	-	SB-SL-DSM20193_EPS NEG	6.17 ± 0.12a	0.26 ± 0.04b	4.37 ± 0.12b	0.96 ± 0.43b	6.15 ± 0.06b	0.25 ± 0.05b	4.08 ± 0.15b	0.28 ± 0.31b

450	+	SB-SL- DSM20194_EPS POS	$6.13 \pm 0.13a$	$0.27 \pm 0.04b$	$4.41 \pm 0.12b$	$0.92 \pm 0.34b$	$6.13 \pm 0.02b$	$0.28 \pm 0.04b$	$4.11 \pm 0.16b$	$1.25 \pm 0.31a$
	-	SB-SL- DSM20194_EPS NEG	$6.1 \pm 0.13a$	$0.25 \pm 0.03b$	$4.38 \pm 0.12b$	$0.27 \pm 0.42b$	$6.15 \pm 0.02b$	$0.26 \pm 0b$	$3.99 \pm 0.17b$	$0.31 \pm 0.05b$
	-	SB-SL_CT	$6.17 \pm 0.21a$	$0.24 \pm 0.03b$	$4.72 \pm 0.12a$	$0.25 \pm 0.31b$	$6.16 \pm 0.07b$	$0.26 \pm 0.04b$	$4.43 \pm 0.17a$	$0.34 \pm 0.06b$
	+	SB-SL-B24W	$6.09 \pm 0.15a$	$0.25 \pm 0.03b$	$4.31 \pm 0.21b$	$0.27 \pm 0.43b$	$6.14 \pm 0.03b$	$0.25 \pm 0.03b$	$3.92 \pm 0.23b$	$0.38 \pm 0b$
	+	SB-SL- SLA5_EPS POS	$6.1 \pm 0.15a$	$0.21 \pm 0.02b$	$4.5 \pm 0.2b$	$0.23 \pm 0.43b$	$6.11 \pm 0.06b$	$0.23 \pm 0.03b$	$4 \pm 0.23b$	$0.33 \pm 0.04b$
	-	SB-SL- SLA5_EPS NEG	$6.09 \pm 0.02a$	$0.19 \pm 0b$	$4.48 \pm 0.21b$	$0.22 \pm 0.21b$	$6.12 \pm 0.03b$	$0.17 \pm 0.03c$	$3.98 \pm 0.24b$	$0.23 \pm 0.03b$
	+	SB-SL- SLA4_EPS POS	$6.14 \pm 0.02a$	$0.17 \pm 0.03b$	$4.31 \pm 0.21b$	$0.97 \pm 0.44b$	$6.18 \pm 0.03b$	$0.16 \pm 0.03c$	$4.01 \pm 0.02b$	$0.26 \pm 0.01b$
	-	SB-SL- SLA4_EPS NEG	$6.13 \pm 0.15a$	$0.15 \pm 0.03b$	$4.4 \pm 0.2b$	$0.18 \pm 0.44b$	$6.15 \pm 0.02b$	$0.17 \pm 0.03c$	$4.05 \pm 0.24b$	$0.21 \pm 0.04b$
	+	SB-SL- DSM20193_EPS POS	$6.11 \pm 0.01a$	$0.19 \pm 0.04b$	$4.47 \pm 0.2b$	$1.33 \pm 0.44a$	$6.14 \pm 0b$	$0.18 \pm 0.04b$	$3.91 \pm 0.24b$	$0.28 \pm 0b$
	-	SB-SL- DSM20193_EPS NEG	$6.1 \pm 0.15a$	$0.21 \pm 0.04b$	$4.38 \pm 0.2b$	$0.23 \pm 0.29b$	$6.12 \pm 0b$	$0.22 \pm 0.04b$	$3.89 \pm 0.23b$	$0.25 \pm 0.38b$
	+	SB-SL- DSM20194_EPS POS	$6.12 \pm 0.03a$	$0.23 \pm 0.04b$	$4.44 \pm 0.2b$	$0.91 \pm 0.44b$	$6.1 \pm 0.03b$	$0.25 \pm 0.04b$	$3.8 \pm 0.21c$	$0.27 \pm 0.38b$
	-	SB-SL- DSM20194_EPS NEG	$6.15 \pm 0.02a$	$0.17 \pm 0b$	$4.39 \pm 0.2b$	$0.19 \pm 0.24b$	$6.12 \pm 0.02b$	$0.19 \pm 0.02b$	$3.88 \pm 0.23b$	$0.22 \pm 0.06b$
500	-	SB-SL_CT	$6.14 \pm 0.15a$	$0.19 \pm 0.02b$	$5.03 \pm 0.19a$	$0.21 \pm 0.44b$	$6.17 \pm 0.01b$	$0.18 \pm 0b$	$4.64 \pm 0.22a$	$0.21 \pm 0.38b$
	+	SB-SL-B24W	$6.12 \pm 0.15a$	$0.16 \pm 0.02b$	$4.42 \pm 0.09b$	$0.19 \pm 0.16b$	$6.14 \pm 0.02b$	$0.17 \pm 0.02c$	$3.92 \pm 0.11b$	$0.23 \pm 0.4b$
	+	SB-SL- SLA5_EPS POS	$6.11 \pm 0.14a$	$0.14 \pm 0.14b$	$4.63 \pm 0.1a$	$0.17 \pm 0.45b$	$6.18 \pm 0.04b$	$0.15 \pm 0.11c$	$4.13 \pm 0.13b$	$0.18 \pm 0.13b$

-	SB-SL- SLA5_EPS NEG	6.1 ± 0.16a	0.13 ± 0.18b	4.43 ± 0.1b	0.15 ± 0.43b	6.16 ± 0.05b	0.14 ± 0.15c	4.08 ± 0.15b	0.17 ± 0.44b
+	SB-SL- SLA4_EPS POS	6.13 ± 0.17a	0.15 ± 0.19b	4.43 ± 0.11b	0.97 ± 0.27b	6.15 ± 0.01b	0.16 ± 0.16c	4.12 ± 0.15b	0.19 ± 0.33b
-	SB-SL- SLA4_EPS NEG	6.14 ± 0.15a	0.12 ± 0.21b	4.36 ± 0b	0.18 ± 0.19b	6.17 ± 0.07b	0.13 ± 0.17c	4.09 ± 0.15b	0.16 ± 0.41b
+	DSM20193_EPS POS	6.12 ± 0.02a	0.14 ± 0.21b	4.61 ± 0.1a	1.32 ± 0.35a	6.14 ± 0.08b	0.15 ± 0.18c	4.04 ± 0.15b	1.4 ± 0.38a
-	SB-SL- DSM20193_EPS NEG	6.09 ± 0.03a	0.11 ± 0.2b	4.58 ± 0.1b	0.16 ± 0.23b	6.19 ± 0.07b	0.13 ± 0.11c	4.11 ± 0.16b	0.18 ± 0.24b
+	SB-SL- DSM20194_EPS POS	6.15 ± 0.03a	0.15 ± 0.17b	4.47 ± 0.11b	0.9 ± 0.44b	6.12 ± 0.01b	0.17 ± 0.15c	3.81 ± 0c	0.19 ± 0.28b
-	SB-SL- DSM20194_EPS NEG	6.07 ± 0.15a	0.16 ± 0.13b	4.49 ± 0.12b	0.21 ± 0.23b	6.15 ± 0.05b	0.18 ± 0.12b	3.98 ± 0.13b	0.24 ± 0.24b

Sprouted barley-native lentil sourdough (40:60 ratio)

-	SB-L_CT	6.27 ± 0.16a	0.54 ± 0.02a	4.65 ± 0.12a	0.63 ± 0.39b	6.25 ± 0.02b	0.49 ± 0.04a	4.31 ± 0.12a	0.74 ± 0.37b
+	SB-L -B24W	6.26 ± 0.23a	0.56 ± 0.05a	4.41 ± 0.14b	0.71 ± 0.34b	6.27 ± 0.03b	0.47 ± 0.05a	3.83 ± 0.12b	0.79 ± 0.18b
+	SB-L -SLA5_EPS POS	6.25 ± 0.22a	0.54 ± 0.06a	4.33 ± 0.15b	0.51 ± 0.22b	6.28 ± 0.01a	0.44 ± 0.05b	4.06 ± 0.02b	0.61 ± 0.02b
-	SB-L -SLA5_EPS NEG	6.24 ± 0.16a	0.51 ± 0.06a	4.57 ± 0.16b	0.48 ± 0.39b	6.33 ± 0.04a	0.51 ± 0.05a	4.09 ± 0.12b	0.64 ± 0.37b
+	SB-L -SLA4_EPS POS	6.3 ± 0.18a	0.52 ± 0a	4.54 ± 0.16b	0.53 ± 0.34b	6.31 ± 0.04a	0.58 ± 0.05a	4.12 ± 0.01b	0.5 ± 0.27b
-	SB-L -SLA4_EPS NEG	6.29 ± 0.14a	0.53 ± 0.06a	4.48 ± 0.15b	0.55 ± 0.39b	6.29 ± 0.04b	0.52 ± 0a	4.16 ± 0.12b	0.65 ± 0.35b
+	SB-L - DSM20193_EPS POS	6.26 ± 0.16a	0.51 ± 0a	4.3 ± 0.02b	1.77 ± 0.39a	6.28 ± 0b	0.51 ± 0.04a	4 ± 0.12b	1.13 ± 0.03a

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350	-	SB-L - DSM20193_EPS NEG	$6.21 \pm 0.18a$	$0.52 \pm 0.06a$	$4.33 \pm 0.16b$	$0.6 \pm 0.13b$	$6.25 \pm 0.04b$	$0.54 \pm 0.04a$	$4.04 \pm 0.03b$	$0.49 \pm 0.48b$
	+	SB-L - DSM20194_EPS POS	$6.22 \pm 0.08a$	$0.55 \pm 0.06a$	$4.31 \pm 0.16b$	$0.63 \pm 0.43b$	$6.28 \pm 0.03b$	$0.51 \pm 0.03a$	$4.11 \pm 0.12b$	$1.72 \pm 0.18a$
	-	SB-L - DSM20194_EPS NEG	$6.24 \pm 0.08a$	$0.55 \pm 0.04a$	$4.43 \pm 0.03b$	$0.51 \pm 0.41b$	$6.29 \pm 0.03b$	$0.5 \pm 0.03a$	$4.14 \pm 0.12b$	$0.63 \pm 0.2b$
	-	SB-L_CT	$6.28 \pm 0.16a$	$0.39 \pm 0.02b$	$4.73 \pm 0.16a$	$0.44 \pm 0.22b$	$6.23 \pm 0.02b$	$0.43 \pm 0.03b$	$4.29 \pm 0.12a$	$0.84 \pm 0.5b$
	+	SB-L -B24W	$6.3 \pm 0.01a$	$0.42 \pm 0.03b$	$4.23 \pm 0.12b$	$0.58 \pm 0.44b$	$6.23 \pm 0.02b$	$0.42 \pm 0.02b$	$3.81 \pm 0.15c$	$0.79 \pm 0.53b$
	+	SB-L -SLA5_EPS POS	$6.24 \pm 0.02a$	$0.41 \pm 0.02b$	$4.23 \pm 0.14b$	$0.76 \pm 0.16b$	$6.21 \pm 0.02b$	$0.47 \pm 0.05a$	$4.04 \pm 0.14b$	$0.95 \pm 0.26b$
	-	SB-L -SLA5_EPS NEG	$6.26 \pm 0.01a$	$0.45 \pm 0.05a$	$4.35 \pm 0.01b$	$0.47 \pm 0.47b$	$6.22 \pm 0.02b$	$0.5 \pm 0.06a$	$4.07 \pm 0.15b$	$0.64 \pm 0.57b$
	+	SB-L -SLA4_EPS POS	$6.29 \pm 0.01a$	$0.46 \pm 0.06a$	$4.24 \pm 0.04b$	$0.59 \pm 0.38b$	$6.19 \pm 0.02b$	$0.44 \pm 0.07b$	$4.1 \pm 0.15b$	$0.84 \pm 0.29b$
	-	SB-L -SLA4_EPS NEG	$6.32 \pm 0.02a$	$0.45 \pm 0.01a$	$4.26 \pm 0.05b$	$0.48 \pm 0.45b$	$6.21 \pm 0.02b$	$0.51 \pm 0a$	$4.14 \pm 0.09b$	$0.65 \pm 0.49b$
	+	SB-L - DSM20193_EPS POS	$6.25 \pm 0.15a$	$0.41 \pm 0.05b$	$4.2 \pm 0.01b$	$1.89 \pm 0.47a$	$6.2 \pm 0.02b$	$0.49 \pm 0.06a$	$3.98 \pm 0.16b$	$1.93 \pm 0.59a$
	-	SB-L - DSM20193_EPS NEG	$6.23 \pm 0.11a$	$0.44 \pm 0.05a$	$4.24 \pm 0.06b$	$0.59 \pm 0.51b$	$6.23 \pm 0.02b$	$0.48 \pm 0a$	$4.02 \pm 0.16b$	$0.53 \pm 0.19b$
	+	SB-L - DSM20194_EPS POS	$6.27 \pm 0.12a$	$0.43 \pm 0b$	$4.21 \pm 0.09b$	$0.84 \pm 0.52b$	$6.23 \pm 0.02b$	$0.44 \pm 0.05b$	$4.09 \pm 0.17b$	$1.81 \pm 0.49a$
	-	SB-L - DSM20194_EPS NEG	$6.23 \pm 0.05a$	$0.42 \pm 0.03b$	$4.31 \pm 0.08b$	$0.53 \pm 0.54b$	$6.2 \pm 0.02b$	$0.42 \pm 0.04b$	$4.12 \pm 0.07b$	$0.66 \pm 0.32b$
400	-	SB-L_CT	$6.27 \pm 0.02a$	$0.35 \pm 0.02b$	$4.59 \pm 0.07a$	$0.3 \pm 0.41b$	$6.18 \pm 0.03b$	$0.36 \pm 0.01b$	$4.42 \pm 0.16a$	$0.37 \pm 0.33b$

	+	SB-L -B24W	$6.21 \pm 0.21a$	$0.32 \pm 0.04b$	$4.01 \pm 0.17c$	$0.33 \pm 0.54b$	$6.2 \pm 0.02b$	$0.38 \pm 0.05b$	$3.89 \pm 0.18b$	$0.39 \pm 0.35b$
	+	SB-L -SLA5_EPS POS	$6.19 \pm 0.13a$	$0.33 \pm 0.06b$	$4.22 \pm 0.02b$	$0.32 \pm 0.51b$	$6.19 \pm 0.02b$	$0.32 \pm 0.06b$	$3.92 \pm 0.19b$	$0.41 \pm 0.08b$
	-	SB-L -SLA5_EPS NEG	$6.21 \pm 0.16a$	$0.31 \pm 0.06b$	$4.25 \pm 0.15b$	$0.39 \pm 0.53b$	$6.21 \pm 0.02b$	$0.34 \pm 0b$	$3.97 \pm 0.04b$	$0.37 \pm 0.37b$
	+	SB-L -SLA4_EPS POS	$6.22 \pm 0.02a$	$0.32 \pm 0b$	$4.19 \pm 0.14b$	$0.48 \pm 0.29b$	$6.18 \pm 0.02b$	$0.31 \pm 0.01b$	$3.9 \pm 0.21b$	$0.8 \pm 0.27b$
	-	SB-L -SLA4_EPS NEG	$6.24 \pm 0.03a$	$0.37 \pm 0.06b$	$4.23 \pm 0.13b$	$0.56 \pm 0.54b$	$6.22 \pm 0.02b$	$0.36 \pm 0.06b$	$3.93 \pm 0.2b$	$0.57 \pm 0.31b$
	+	SB-L - DSM20193_EPS POS	$6.25 \pm 0.02a$	$0.31 \pm 0b$	$4.25 \pm 0.13b$	$2.11 \pm 0.25a$	$6.22 \pm 0.02b$	$0.3 \pm 0.01b$	$3.88 \pm 0.19b$	$1.39 \pm 0.37a$
	-	SB-L - DSM20193_EPS NEG	$6.19 \pm 0.01a$	$0.34 \pm 0.06b$	$4.37 \pm 0.12b$	$0.77 \pm 0.38b$	$6.21 \pm 0.02b$	$0.38 \pm 0.06b$	$3.92 \pm 0.17b$	$0.75 \pm 0.29b$
	+	SB-L - DSM20194_EPS POS	$6.23 \pm 0.02a$	$0.34 \pm 0.01b$	$4.22 \pm 0.12b$	$0.68 \pm 0.39b$	$6.24 \pm 0.03b$	$0.34 \pm 0.05b$	$3.9 \pm 0.15b$	$0.9 \pm 0.29b$
	-	SB-L - DSM20194_EPS NEG	$6.28 \pm 0.03a$	$0.38 \pm 0.05b$	$4.35 \pm 0.11b$	$0.47 \pm 0.33b$	$6.24 \pm 0.02b$	$0.3 \pm 0.04b$	$3.99 \pm 0.12b$	$0.38 \pm 0.25b$
450	-	SB-L_CT	$6.23 \pm 0.06a$	$0.22 \pm 0.03b$	$4.69 \pm 0a$	$0.27 \pm 0.38b$	$6.21 \pm 0.02b$	$0.2 \pm 0.03b$	$4.48 \pm 0.1a$	$0.24 \pm 0.13b$
	+	SB-L -B24W	$6.19 \pm 0.15a$	$0.2 \pm 0b$	$4.35 \pm 0.19b$	$0.38 \pm 0.39b$	$6.18 \pm 0.02b$	$0.22 \pm 0.01b$	$4.23 \pm 0.19b$	$0.28 \pm 0.25b$
	+	SB-L -SLA5_EPS POS	$6.21 \pm 0.18a$	$0.26 \pm 0.03b$	$4.4 \pm 0.19b$	$0.4 \pm 0.4b$	$6.23 \pm 0.02b$	$0.25 \pm 0.03b$	$4.2 \pm 0.19b$	$0.28 \pm 0.25b$
	-	SB-L -SLA5_EPS NEG	$6.2 \pm 0.19a$	$0.3 \pm 0.04b$	$4.37 \pm 0.2b$	$0.37 \pm 0.21b$	$6.2 \pm 0.02b$	$0.29 \pm 0.04b$	$4.26 \pm 0.19b$	$0.34 \pm 0.11b$
	+	SB-L -SLA4_EPS POS	$6.19 \pm 0.15a$	$0.24 \pm 0.03b$	$4.43 \pm 0.19b$	$0.91 \pm 0.42b$	$6.21 \pm 0.02b$	$0.21 \pm 0.04b$	$4.18 \pm 0.19b$	$0.7 \pm 0.27b$
	-	SB-L -SLA4_EPS NEG	$6.25 \pm 0.03a$	$0.25 \pm 0b$	$4.53 \pm 0.2b$	$0.33 \pm 0.4b$	$6.22 \pm 0.02b$	$0.25 \pm 0.04b$	$4.16 \pm 0.19b$	$0.33 \pm 0.24b$

500	+	SB-L - DSM20193_EPS POS	$6.23 \pm 0.06a$	$0.21 \pm 0.03b$	$4.39 \pm 0.2b$	$1.5 \pm 0.41a$	$6.22 \pm 0b$	$0.22 \pm 0b$	$4.2 \pm 0.01b$	$1 \pm 0.25a$
	-	SB-L - DSM20193_EPS NEG	$6.21 \pm 0.01a$	$0.27 \pm 0.03b$	$4.37 \pm 0.01b$	$0.25 \pm 0.43b$	$6.17 \pm 0.01b$	$0.2 \pm 0.04b$	$4.13 \pm 0.19b$	$0.21 \pm 0.05b$
	+	SB-L - DSM20194_EPS POS	$6.25 \pm 0.16a$	$0.23 \pm 0.01b$	$4.42 \pm 0.03b$	$0.7 \pm 0.41b$	$6.19 \pm 0.02b$	$0.24 \pm 0.04b$	$4.19 \pm 0.18b$	$0.3 \pm 0.01b$
	-	SB-L - DSM20194_EPS NEG	$6.23 \pm 0.16a$	$0.25 \pm 0.01b$	$4.34 \pm 0.2b$	$0.42 \pm 0.42b$	$6.21 \pm 0.02b$	$0.27 \pm 0.04b$	$4.22 \pm 0.02b$	$0.32 \pm 0.05b$
	-	SB-L_CT	$6.25 \pm 0.16a$	$0.21 \pm 0.03b$	$4.99 \pm 0.19a$	$0.24 \pm 0.36b$	$6.21 \pm 0.02b$	$0.22 \pm 0.03b$	$4.78 \pm 0.18a$	$0.25 \pm 0.03b$
	+	SB-L -B24W	$6.19 \pm 0.15a$	$0.18 \pm 0.01b$	$4.38 \pm 0.1b$	$0.2 \pm 0.28b$	$6.19 \pm 0.03b$	$0.21 \pm 0b$	$4.39 \pm 0.09a$	$0.24 \pm 0.03b$
	+	SB-L -SLA5_EPS POS	$6.22 \pm 0.16a$	$0.19 \pm 0.03b$	$4.62 \pm 0.11a$	$0.21 \pm 0.08b$	$6.22 \pm 0.03b$	$0.16 \pm 0.03c$	$4.2 \pm 0.09b$	$0.18 \pm 0.04b$
	-	SB-L -SLA5_EPS NEG	$6.25 \pm 0.16a$	$0.17 \pm 0.1c$	$4.43 \pm 0.08b$	$0.23 \pm 0.47b$	$6.18 \pm 0.05b$	$0.15 \pm 0.11c$	$4.23 \pm 0.08b$	$0.16 \pm 0.13b$
	+	SB-L -SLA4_EPS POS	$6.24 \pm 0.16a$	$0.23 \pm 0.12b$	$4.61 \pm 0.11a$	$0.25 \pm 0.05b$	$6.24 \pm 0.03b$	$0.19 \pm 0.16b$	$4.41 \pm 0.12a$	$0.21 \pm 0.17b$
	-	SB-L -SLA4_EPS NEG	$6.21 \pm 0.16a$	$0.25 \pm 0.14b$	$4.55 \pm 0.1b$	$0.23 \pm 0.44b$	$6.22 \pm 0.01b$	$0.17 \pm 0.01c$	$4.34 \pm 0.18a$	$0.19 \pm 0.19b$
	+	SB-L - DSM20193_EPS POS	$6.23 \pm 0.16a$	$0.22 \pm 0.16b$	$4.39 \pm 0.1b$	$1.56 \pm 0.41a$	$6.2 \pm 0.03b$	$0.24 \pm 0.19b$	$4.19 \pm 0.21b$	$0.26 \pm 0.2b$
	-	SB-L - DSM20193_EPS NEG	$6.2 \pm 0.15a$	$0.26 \pm 0.15b$	$4.36 \pm 0.12b$	$0.24 \pm 0.17b$	$6.17 \pm 0.03b$	$0.23 \pm 0b$	$4.21 \pm 0.23b$	$0.25 \pm 0b$
	+	SB-L - DSM20194_EPS POS	$6.2 \pm 0.15a$	$0.18 \pm 0.14b$	$4.4 \pm 0.04b$	$0.75 \pm 0.14b$	$6.19 \pm 0.03b$	$0.19 \pm 0.17b$	$4.4 \pm 0.25a$	$0.21 \pm 0.18b$

	-	SB-L - DSM20194_EPS NEG	6.21 ± 0.16a	0.25 ± 0.09b	4.38 ± 0.13b	0.27 ± 0.85b	6.23 ± 0.05b	0.22 ± 0.12b	4.29 ± 0.21a	0.24 ± 0.41b
<hr/>										
Sprouted barley-native lentil sourdough (30:70 ratio)										
333	-	SB-L_CT	6.28 ± 0.16a	0.48 ± 0.03a	4.61 ± 0.11a	0.57 ± 0.33b	6.26 ± 0.06b	0.51 ± 0.03a	4.31 ± 0.19a	0.56 ± 0.33b
	+	SB-L -B24W	6.25 ± 0.16a	0.5 ± 0.02a	4.38 ± 0.05b	0.56 ± 0.77b	6.2 ± 0.06b	0.59 ± 0.03a	4.04 ± 0.16b	0.61 ± 0.34b
	+	SB-L -SLA5_EPS POS	6.24 ± 0.16a	0.53 ± 0.05a	4.31 ± 0.17b	0.53 ± 0.18b	6.23 ± 0.07b	0.6 ± 0.06a	3.84 ± 0.27b	0.63 ± 0.36b
	-	SB-L -SLA5_EPS NEG	6.26 ± 0.16a	0.54 ± 0.01a	4.26 ± 0.18b	0.53 ± 0.07b	6.26 ± 0.08b	0.56 ± 0.02a	3.84 ± 0.26b	0.63 ± 0.18b
	+	SB-L -SLA4_EPS POS	6.28 ± 0.16a	0.49 ± 0.06a	4.23 ± 0.18b	0.57 ± 0.78b	6.24 ± 0.08b	0.55 ± 0.07a	3.91 ± 0.25b	0.64 ± 0.39b
	-	SB-L -SLA4_EPS NEG	6.29 ± 0.16a	0.52 ± 0.07a	4.28 ± 0.01b	0.64 ± 0.79b	6.21 ± 0.07b	0.52 ± 0.08a	3.76 ± 0.25c	0.62 ± 0.23b
	+	SB-L - DSM20193_EPS POS	6.25 ± 0.16a	0.51 ± 0.08a	4.22 ± 0.18b	2.9 ± 0.69a	6.12 ± 0.07b	0.52 ± 0a	3.92 ± 0.23b	1.65 ± 0.22a
	-	SB-L - DSM20193_EPS NEG	6.22 ± 0.05a	0.51 ± 0.08a	4.24 ± 0.17b	0.62 ± 0.19b	6.28 ± 0.07a	0.54 ± 0.08a	3.86 ± 0.25b	0.61 ± 0.12b
	+	SB-L - DSM20194_EPS POS	6.21 ± 0.06a	0.5 ± 0.07a	4.33 ± 0.16b	0.9 ± 0.73b	6.23 ± 0.04b	0.52 ± 0.07a	4.2 ± 0.26b	0.7 ± 0.5b
	-	SB-L - DSM20194_EPS NEG	6.16 ± 0.15a	0.57 ± 0.07a	4.31 ± 0.16b	0.61 ± 0.44b	6.12 ± 0.02b	0.57 ± 0.07a	4.18 ± 0.14b	0.61 ± 0.26b
350	-	SB-L_CT	6.1 ± 0.02a	0.38 ± 0.02b	4.78 ± 0.16a	0.43 ± 0.4b	6.1 ± 0.02b	0.38 ± 0.03b	4.59 ± 0.26a	0.41 ± 0.33b
	+	SB-L -B24W	6.09 ± 0.09a	0.41 ± 0.05b	4.2 ± 0.19b	0.53 ± 0.8b	6.09 ± 0.02b	0.41 ± 0.05b	4.02 ± 0.21b	0.33 ± 0.65b
	+	SB-L -SLA5_EPS POS	6.1 ± 0.09a	0.4 ± 0.06b	4.37 ± 0.2b	0.39 ± 0.47b	6.1 ± 0.02b	0.42 ± 0.06b	3.92 ± 0.08b	0.48 ± 0.15b

400	-	SB-L -SLA5_EPS NEG	$6.15 \pm 0.05a$	$0.39 \pm 0.07b$	$4.44 \pm 0.01b$	$0.41 \pm 0.82b$	$6.12 \pm 0.02b$	$0.38 \pm 0.07b$	$3.89 \pm 0.23b$	$0.39 \pm 0.66b$
	+	SB-L -SLA4_EPS POS	$6.19 \pm 0.06a$	$0.34 \pm 0.01b$	$4.31 \pm 0.08b$	$0.86 \pm 0.83b$	$6.11 \pm 0.02b$	$0.35 \pm 0.01b$	$3.98 \pm 0.03b$	$0.53 \pm 0.67b$
	-	SB-L -SLA4_EPS NEG	$6.14 \pm 0.05a$	$0.36 \pm 0.07b$	$4.36 \pm 0.21b$	$0.43 \pm 0.84b$	$6.12 \pm 0.03b$	$0.39 \pm 0.07b$	$3.74 \pm 0.22c$	$0.41 \pm 0.71b$
	+	SB-L - DSM20193_EPS POS	$6.11 \pm 0.11a$	$0.39 \pm 0.01b$	$4.34 \pm 0.02b$	$2.67 \pm 0.59a$	$6.09 \pm 0.03b$	$0.37 \pm 0b$	$3.8 \pm 0.21c$	$1.95 \pm 0.68a$
	-	SB-L - DSM20193_EPS NEG	$6.18 \pm 0.15a$	$0.41 \pm 0.07b$	$4.33 \pm 0.21b$	$0.42 \pm 0.57b$	$6.15 \pm 0.02b$	$0.43 \pm 0.07b$	$3.76 \pm 0.2c$	$0.48 \pm 0.58b$
	+	SB-L - DSM20194_EPS POS	$6.19 \pm 0.15a$	$0.35 \pm 0.05b$	$4.21 \pm 0.22b$	$1.92 \pm 0.57a$	$6.11 \pm 0.02b$	$0.39 \pm 0.05b$	$4.18 \pm 0.18b$	$1.88 \pm 0.16a$
	-	SB-L - DSM20194_EPS NEG	$6.15 \pm 0.17a$	$0.39 \pm 0.01b$	$4.41 \pm 0.21b$	$0.41 \pm 0.38b$	$6.14 \pm 0.02b$	$0.36 \pm 0.04b$	$4.16 \pm 0.17b$	$0.42 \pm 0.45b$
	-	SB-L_CT	$6.18 \pm 0.22a$	$0.25 \pm 0.02b$	$4.89 \pm 0.02a$	$0.33 \pm 0.39b$	$6.08 \pm 0.02b$	$0.26 \pm 0.02b$	$4.39 \pm 0.17a$	$0.14 \pm 0.25b$
	+	SB-L -B24W	$6.12 \pm 0.26a$	$0.26 \pm 0.02b$	$4.12 \pm 0.16b$	$0.31 \pm 0.4b$	$6.1 \pm 0.02b$	$0.24 \pm 0.02b$	$3.71 \pm 0.17c$	$0.29 \pm 0.36b$
	+	SB-L -SLA5_EPS POS	$6.17 \pm 0.28a$	$0.23 \pm 0b$	$4.3 \pm 0.14b$	$0.28 \pm 0.2b$	$6.12 \pm 0.02b$	$0.26 \pm 0.02b$	$3.98 \pm 0.14b$	$0.28 \pm 0.44b$
	-	SB-L -SLA5_EPS NEG	$6.14 \pm 0.15a$	$0.25 \pm 0.02b$	$4.35 \pm 0.15b$	$0.33 \pm 0.4b$	$6.11 \pm 0.02b$	$0.28 \pm 0.02b$	$3.96 \pm 0.14b$	$0.28 \pm 0.23b$
	+	SB-L -SLA4_EPS POS	$6.15 \pm 0.16a$	$0.28 \pm 0.03b$	$4.22 \pm 0b$	$0.32 \pm 0.18b$	$6.16 \pm 0.02b$	$0.27 \pm 0.03b$	$4.02 \pm 0.14b$	$0.31 \pm 0.12b$
	-	SB-L -SLA4_EPS NEG	$6.18 \pm 0.01a$	$0.29 \pm 0.04b$	$4.17 \pm 0.14b$	$0.31 \pm 0.43b$	$6.12 \pm 0.02b$	$0.29 \pm 0.04b$	$3.99 \pm 0.14b$	$0.36 \pm 0.44b$
	+	SB-L - DSM20193_EPS POS	$6.1 \pm 0.15a$	$0.22 \pm 0b$	$4.33 \pm 0.12b$	$1.36 \pm 0.04a$	$6.14 \pm 0.02b$	$0.23 \pm 0b$	$4.1 \pm 0.14b$	$1.43 \pm 0.15a$

	-	SB-L - DSM20193_EPS NEG	$6.19 \pm 0a$	$0.26 \pm 0.04b$	$4.36 \pm 0.12b$	$0.96 \pm 0.01b$	$6.13 \pm 0.02b$	$0.25 \pm 0.05b$	$4.06 \pm 0.15b$	$0.28 \pm 0.31b$
	+	SB-L - DSM20194_EPS POS	$6.21 \pm 0.16a$	$0.27 \pm 0.04b$	$4.4 \pm 0b$	$0.92 \pm 0.13b$	$6.11 \pm 0.02b$	$0.28 \pm 0.04b$	$4.09 \pm 0.16b$	$1.25 \pm 0.31a$
	-	SB-L - DSM20194_EPS NEG	$6.17 \pm 0.15a$	$0.25 \pm 0.03b$	$4.37 \pm 0.12b$	$0.27 \pm 0.15b$	$6.13 \pm 0.02b$	$0.26 \pm 0.04b$	$3.97 \pm 0.17b$	$0.31 \pm 0.05b$
450	-	SB-L_CT	$6.16 \pm 0.15a$	$0.24 \pm 0.03b$	$4.71 \pm 0.12a$	$0.25 \pm 0.42b$	$6.14 \pm 0.02b$	$0.26 \pm 0.04b$	$4.41 \pm 0.17a$	$0.34 \pm 0.06b$
	+	SB-L -B24W	$6.08 \pm 0.03a$	$0.25 \pm 0b$	$4.3 \pm 0.21b$	$0.27 \pm 0.11b$	$6.12 \pm 0.03b$	$0.25 \pm 0b$	$3.9 \pm 0.23b$	$0.38 \pm 0b$
	+	SB-L -SLA5_EPS POS	$6.08 \pm 0.15a$	$0.21 \pm 0.02b$	$4.49 \pm 0.2b$	$0.23 \pm 0.16b$	$6.09 \pm 0.03b$	$0.23 \pm 0.03b$	$3.98 \pm 0.23b$	$0.33 \pm 0.04b$
	-	SB-L -SLA5_EPS NEG	$6.05 \pm 0.15a$	$0.19 \pm 0.03b$	$4.47 \pm 0.21b$	$0.22 \pm 0.41b$	$6.1 \pm 0.03b$	$0.17 \pm 0.03c$	$3.96 \pm 0.24b$	$0.23 \pm 0.03b$
	+	SB-L -SLA4_EPS POS	$6.13 \pm 0.03a$	$0.17 \pm 0.01c$	$4.3 \pm 0.21b$	$0.97 \pm 0.02b$	$6.16 \pm 0.03b$	$0.16 \pm 0.03c$	$3.99 \pm 0.24b$	$0.26 \pm 0b$
	-	SB-L -SLA4_EPS NEG	$6.12 \pm 0.01a$	$0.15 \pm 0.01c$	$4.39 \pm 0.2b$	$0.18 \pm 0.42b$	$6.13 \pm 0.02b$	$0.17 \pm 0.03c$	$4.03 \pm 0.24b$	$0.21 \pm 0.04b$
	+	SB-L - DSM20193_EPS POS	$6.1 \pm 0.05a$	$0.19 \pm 0.04b$	$4.46 \pm 0b$	$1.24 \pm 0.42a$	$6.12 \pm 0.03b$	$0.18 \pm 0.04b$	$3.89 \pm 0.24b$	$0.28 \pm 0.04b$
	-	SB-L - DSM20193_EPS NEG	$6.09 \pm 0.16a$	$0.21 \pm 0.04b$	$4.37 \pm 0.2b$	$0.23 \pm 0.6b$	$6.1 \pm 0.03b$	$0.22 \pm 0.04b$	$3.87 \pm 0.23b$	$0.25 \pm 0.38b$
	+	SB-L - DSM20194_EPS POS	$6.11 \pm 0.18a$	$0.23 \pm 0b$	$4.43 \pm 0.2b$	$0.91 \pm 0.08b$	$6.08 \pm 0.03b$	$0.25 \pm 0.04b$	$3.78 \pm 0.13c$	$0.27 \pm 0.02b$
	-	SB-L - DSM20194_EPS NEG	$6.14 \pm 0.19a$	$0.17 \pm 0.02c$	$4.38 \pm 0.2b$	$0.19 \pm 0.19b$	$6.1 \pm 0.02b$	$0.19 \pm 0.02b$	$3.86 \pm 0.22b$	$0.22 \pm 0.38b$
500	-	SB-L_CT	$6.13 \pm 0.21a$	$0.19 \pm 0.02b$	$5.02 \pm 0.19a$	$0.21 \pm 0.14b$	$6.15 \pm 0.02b$	$0.18 \pm 0.02b$	$4.62 \pm 0.22a$	$0.21 \pm 0.18b$
	+	SB-L -B24W	$6.11 \pm 0.22a$	$0.16 \pm 0c$	$4.41 \pm 0.09b$	$0.19 \pm 0.17b$	$6.12 \pm 0.02b$	$0.17 \pm 0.02c$	$3.9 \pm 0.08b$	$0.23 \pm 0.4b$

+	SB-L -SLA5_EPS POS	6.1 ± 0.21a	0.14 ± 0.02c	4.62 ± 0.1a	0.17 ± 0.48b	6.16 ± 0.02b	0.15 ± 0.02c	4.11 ± 0.11b	0.18 ± 0.13b
-	SB-L -SLA5_EPS NEG	6.09 ± 0.22a	0.13 ± 0.02c	4.42 ± 0.09b	0.15 ± 0.9b	6.14 ± 0.02b	0.14 ± 0c	4.06 ± 0.11b	0.17 ± 0.46b
+	SB-L -SLA4_EPS POS	6.12 ± 0.06a	0.15 ± 0.02c	4.42 ± 0.09b	0.97 ± 0.33b	6.13 ± 0b	0.16 ± 0c	4.1 ± 0.01b	0.19 ± 0.49b
-	SB-L -SLA4_EPS NEG	6.13 ± 0.08a	0.12 ± 0.01c	4.35 ± 0.1b	0.18 ± 0.53b	6.15 ± 0.03b	0.13 ± 0c	4.07 ± 0.12b	0.16 ± 0.14b
+	SB-L - DSM20193_EPS POS	6.11 ± 0.15a	0.14 ± 0c	4.6 ± 0.07a	1.32 ± 0.56a	6.12 ± 0.03b	0.15 ± 0.02c	4.02 ± 0.13b	1.39 ± 0.6a
-	SB-L - DSM20193_EPS NEG	6.08 ± 0.18a	0.11 ± 0.03c	4.57 ± 0.06b	0.16 ± 0.41b	6.17 ± 0.03b	0.13 ± 0.03c	4.09 ± 0.15b	0.18 ± 0.03b
+	SB-L - DSM20194_EPS POS	6.14 ± 0.15a	0.15 ± 0.01c	4.46 ± 0.01b	0.9 ± 0.49b	6.1 ± 0.02b	0.17 ± 0.01c	3.79 ± 0.12c	0.19 ± 0.04b
-	SB-L - DSM20194_EPS NEG	6.06 ± 0.15a	0.16 ± 0.01c	4.48 ± 0.06b	0.21 ± 0.22b	6.13 ± 0.01b	0.18 ± 0.04b	3.96 ± 0.15b	0.24 ± 0.18b

¹D.W., dough weight. Data are mean values of triplicate determination ± standard deviation. a-c means within a column with different letters are significantly different (P <0.05)