

BREAD

INGREDIENTS

Sprouted Grain	<i>We Take Flax seeds, sunflower seeds, millet seeds, barley seeds, wheat seeds and start sprouting these seeds 5 days in advance. We add it to a whole grain dough (yeast, water, salt and honey.) When a seed sprouts a chemical change occurs and it germinates. The increased enzyme activity produces more vitamins (A, B-complex, C, calcium, potassium and iron) Carbohydrates are more easily digested..</i>
Golden Cinnamon Chip	<i>If you're going to treat yourself to something sweet, this might be the ticket. This bread is made with fresh milled wheat, water, and cinnamon chips. Kids love this one as an afternoon snack.</i>
Living Lite	<i>If you're counting carbs, then you'll be thrilled you found this bread. It's still made with our nutrient rich whole wheat flour, but we add eggs, tofu, wheat gluten, olive oil, oats, flax. Wheat Bran and touch of honey. It's the best tasting low Calorie bread out there.</i>
Living Lite Crunch	<i>Whole wheat flour, eggs, tofu, wheat gluten, olive oil, oats , flax, sunflower, millet and Pecans.</i>
Honey White	<i>Unbleached, unprocessed white flour combine with filtered water, yeast, honey and salt to make this one of our base dough's. Kids love it for grilled cheese, PB&J's or as toast covered with cr�me cheese. Most of our other breads are made from this basic dough or our Honey Whole Wheat base.</i>
Challah	<i>We use a traditional Jewish recipe made with unbleached white flour, whole egg, honey, water and yeast. This is the best French toast bread you'll find.</i>
High 5 Fiber	<i>Whole grains , flax seed, millet, oat bran, wheat bran, sunflower seeds, honey, yeast and salt. Fiber!</i>
Dakota	<i>Roasted pumpkin seeds, sunflower seeds sesame seeds and millet get mixed into our whole wheat dough to create our highest protein, highest fiber bread. It's so crunchy it's often referred to as "bird seed" bread but once you taste it you'll know it's not for the birds.</i>
Honey Wheat	<i>Fresh ground wheat flour of the highest protein content is mixed together with filtered water, honey, yeast, and salt for a nutty, wheat taste that made us famous. As our flagship bread, a hand designed, scratch made loaf of Honey Whole Wheat and one of our American Spoon fruit butters make the perfect hostess gift .</i>
High Country Crunch	<i>Our fresh ground whole wheat flour, flax seeds, poppy seed, millet, barley, walnuts, pecans and oats wrapped together in a bread with four grams of fiber per slice. This great tasting bread will keep you as regular as the sunrise.</i>
Cinnamon Swirl (White)	<i>We swirl a delicious combination of brown sugar and cinnamon into our HoneyWhite dough. Yes it is fat free!</i>
Gluten Free	<i>Water, buttermilk, tapioca flour, honey, rice flour, eggs, buckwheat, flax meal, corn starch, butter, yeast, xanthum gum, salt and vinegar</i>
Virginia Rolls	<i>We use our freshly milled whole wheat dough, add a touch of white flour, some light amber honey , plenty of real butter, and a a pinch of whole potato to make the fluffiest, melt-in-your mouth roll ever.</i>
Pumpkin Chocolate Tea cake	<i>Lots and lots of pumpkin, white unbleached flour, baking soda, baking powder, salt, eggs , spices and canola oil</i>
French Baquette / Country French	<i>Unbleached white flour, water, salt, yeast, malt, and ascorbic acid.</i>
Apple Scrapple	<i>This delicious bread is made with fresh granny smith Apples, unsweetened applesauce, butter , dates, cinnamon, brown sugar and unbleached enriched flour. It is topped with a cookie crumb topping that is out of this world. Try it as a snack or include as a slice of bread at breakfast.</i>
Runner's High Bar	<i>This will get you through that workout. These energy bars have honey, peanut butter, sesame seeds, flax seeds, oats, oat bran, cinnamon, sunflower, millet, wheat germ, cranberry raisins and chocolate chips.</i>
Low Fat Fruit Muffin	<i>Whole wheat, oat-bran, unsweetened applesauce, low fat yogurt egg whites, brown sugar , honey and fruit.</i>