

<i>Gluten Free</i>	<i>Water, buttermilk, tapioca flour, honey, rice flour, eggs, buckwheat, flax meal, corn starch, butter, yeast, xanthum gum, salt and vinegar</i>
<b>Whole Grain Goodness</b>	<i>Whole grain with lots of extra stuff.! Water, honey, millet, barley, flax seeds, sunflower seeds, pecans, oat-bran, salt, Almonds.</i>
<b>Sprouted Grain</b>	<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>
<i>Cranberry Orange</i>	<i>Whole grain lots of dried cranberries, ground oranges, yeast, honey and salt</i>
<i>Challah</i>	<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>
<i>Virginia Rolls</i>	<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 pinch of whole potato to make the fluffiest, melt-in-your mouth roll ever.</i>
<i>Dakota</i>	<i>Roasted pumpkin seeds, sunflower 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>
<i>Pumpkin Swirl</i>	<i>A Great Harvest Fall classic. A dough made from pumpkins and whole wheat. Swirled with brown sugar, cinnamon and pumpkin pie spices. Even if you don't like pumpkins you'll love this bread.</i>
<i>Honey Wheat</i>	<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>
<i>Stuffing Bread</i>	<i>This Thanksgiving Special is made with whole wheat, onions, celery , sage, thyme, and pepper. Just add turkey, mashed potatoes, some cranberry sauce and big pants for the perfect holiday meal.</i>
<i>Sour Dough</i>	<i>Sugar Free! Our sour dough starter came from San Francisco! This original also contains unbleached flour, water, ascorbic acid, and very small amount of yeast.</i>
<i>Living Lite Low Carb .</i>	<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 and flax. It's the best tasting low carb bread out there.</i>
<i>Apple Scrapple</i>	<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>
<i>Cinnamon Swirl</i>	<i>We swirl a delicious combination of brown sugar and cinnamon with our Honey white bread</i>
<b>High 5 Fiber</b>	<i>.Whole wheat, honey, yeast sunflower seeds, flax seeds, millet, oat bran, wheat bran. 5 gram fiber in 50 g slice . Get as much "natural fiber " in a slice as possible.</i>