

Organic Bread Flour Blends

Great River Organic Milling is committed to providing quality organic products because we believe they are vital to promoting the cycle of a healthy environment for all. Most of our products are stone-ground to produce a more flavorful and nutritional product. Certified Organic by QAI and Kosher approved, Great River Organic Milling has been providing stone-ground quality for over a quarter of a century.

Organic Bread Machine Flour Blends

These blends provide convenience for bread machine owners who want to add variety grains to their breads. They are not mixes. Bakers add oil, sugars, salt, and yeast to suit their own machine and dietary preferences. While our blends have been formulated for good taste and performance in bread machines capable of handling whole grain flour, any baker, making bread from scratch can use these flour blends.

Suggested recipes are given on each bag, but the order of ingredient placement for your machine should be followed.

Seven Grain Bread Flour Blend

A basic wheat flour base is blended with coarse ground wheat, brown rice, corn, rye, oats, barley and millet. It bakes into a denser loaf with wonderful texture and flavor.

Oatmeal Bread Flour Blend

Coarse whole wheat flour is blended with thick rolled oats. The oats add their distinctive flavor and textures.

Rye Bread Flour Blend

Wheat and rye flours, with just enough rye to add the rich rye flavor.

Sunflower Millet Bread Flour Blend

Unbleached wheat flour, coarse whole-wheat flour, corn meal, hulled millet, flax and sunflower seeds.



Great River
ORGANIC MILLING

Stone-ground, Organic
Flours and Mixes

Organic Bread Flour Blends



Great River
ORGANIC MILLING

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Seven Grain

Nutrition Facts

Serving Size ¼ cup dry (47 g)
Servings per container varies

Amount Per Serving		Calories from fat 10	
Calories 170		Calories from fat 0	
		% Daily Value*	
Total fat	1 g		2%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	0 g		0%
Total carbohydrate	34 g		11%
Dietary fiber	1 g		4%
Sugars	0 g		
Protein	5 g		

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Rye

Nutrition Facts

Serving Size ¼ cup dry (43 g)
Servings per container varies

Amount Per Serving		Calories from fat 0	
Calories 150		Calories from fat 0	
		% Daily Value*	
Total fat	0 g		0%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	0 g		0%
Total carbohydrate	32 g		11%
Dietary fiber	1 g		4%
Sugars	0 g		
Protein	5 g		

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Oatmeal

Nutrition Facts

Serving Size ¼ cup dry (46 g)
Servings per container varies

Amount Per Serving		Calories from fat 10	
Calories 160		Calories from fat 20	
		% Daily Value*	
Total fat	1 g		2%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	0 g		0%
Total carbohydrate	33 g		11%
Dietary fiber	3 g		12%
Sugars	1 g		
Protein	6 g		

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sunflower Millet

Nutrition Facts

Serving Size ¼ cup dry (45 g)
Servings per container varies

Amount Per Serving		Calories from fat 20	
Calories 170		Calories from fat 20	
		% Daily Value*	
Total fat	2 g		3%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	0 g		0%
Total carbohydrate	32 g		11%
Dietary fiber	1 g		4%
Sugars	0 g		
Protein	5 g		

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g