

www.greatrivermilling.com - 608.687.9580 - contact@greatrivermilling.com

# PRODUCT MENU

STONE MILLING, NATURAL WHOLE GRAINS, ORGANIC

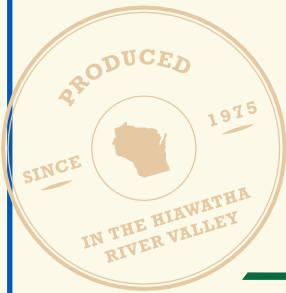
BEST ORGANIC GRAINS AVAILABLE

| Item   | Size  | Suggested Use & Value   |
|--|-------|---|
| <b>GLUTEN FREE</b>                               |       |   |
| <b>Gluten Free Brown Rice Flour</b>              | 24 oz | Whole grain, neutral in flavor. Can be used as a gluten free thickening agent in sauces.            |
| <b>Gluten Free Sweet White Rice Flour</b>        | 24 oz | Milled from sticky or sweet rice, this flour highlights other ingredients when used in baked goods. |
| <b>Gluten Free Corn Grits</b>                    | 24 oz | Provides great cooking versatility to add to any gluten free meal.                                  |
| <b>Organic Gluten Free Whole Golden Flaxseed</b> | 16 oz | Omega-3 fatty acids, fiber, and lignans, making it heart-healthy.                                   |
| <b>Organic Gluten Free Golden Flaxseed Meal</b>  | 16 oz | Omega-3 fatty acids, fiber, and lignans, making it heart-healthy.                                   |
| <b>Gluten Free Quick Cooking Rolled Oats</b>     | 32 oz | May help lower cholesterol.   |
| <b>Gluten Free Steel Cut Oats</b>                | 24 oz | Good source of plant based protein and iron, with 5g of fiber.                                      |
| <b>Gluten Free Thick Rolled Oats</b>             | 32 oz | Healthy complex carbohydrate with essential vitamins and minerals, low in fat.                      |
| <b>Gluten Free Super-Fine Almond Flour</b>       | 16 oz | Adds sweet buttery flavor. Ideal for gluten free, grain free, and Paleo baking.                     |
| <b>Organic Gluten Free Whole Grain Amaranth</b>  | 24 oz | Naturally gluten free.  |
| <b>BEANS AND LENTILS</b>                         |       |   |
| <b>Black Turtle Beans</b>                        | 26 oz | May help control blood sugar.   |
| <b>Garbanzo Beans</b>                            | 25 oz | Firm texture, packed with protein, fiber and magnesium.   |
| <b>Lentils Heritage Beans</b>                    | 27 oz | Versatile and convenient, ready to enjoy in just 20 minutes.  |
| <b>Pinto Beans</b>                               | 27 oz | High in fiber and iron, low in cholesterol.   |
| <b>French Green Lentils</b>                      | 24 oz | Rich earthy flavor, holds shape in salads and soups.  |
| <b>Red Lentils</b>                               | 27 oz | Versatile and convenient to cook, requires no pre-soaking.  |

[see more](#) →

PLEASE NOTE: Products listed above are processed in a facility that also processes tree nuts, soy, wheat and dairy. EXCLUDING the Ancient Grains\* and Flours.

VER01 JULY '18



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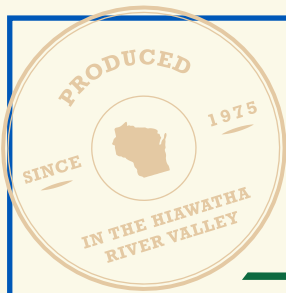
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| Item                                 | Size  | Suggested Use & Value   |
|--------------------------------------|-------|---|
| <b>FLOURS</b>                        |       |   |
| <b>Semolina Pasta Flour</b>          | 24 oz | Creates unique flavor and added creamy texture to pastas.   |
| <b>Spelt Flour</b>                   | 24 oz | Easy absorption to the body and adds nutty flavor to baking.  |
| <b>Teff Flour</b>                    | 24 oz | Made from ancient Ethiopian grain, high in iron, magnesium, calcium, fiber and antioxidants                                     |
| <b>Vital Wheat Gluten Flour</b>      | 22 oz | Staple for whole grain bakers packing a 75% protein punch.  |
| <b>ORGANIC FLOURS</b>                |       |   |
| <b>Organic Buckwheat Flour</b>       | 22 oz | Speckled with bits of the hull, this slate and lavender colored flour has a toasty aroma and pairs nicely with fruits and nuts. |
| <b>Organic Dark Rye Flour</b>        | 22 oz | Distinct flavor of rye for baking.  |
| <b>Organic Medium Grind Cornmeal</b> | 24 oz | Pleasantly sweet and earthy in flavor with a beautiful yellow color.  |
| <b>WHOLE GRAINS</b>                  |       |   |
| <b>Chia Seeds</b>                    | 16 oz | Neutral flavor and high in Omega-3 fatty acids. Adding quick easy nutrition to any food or drink.                               |
| <b>Bulgur Wheat</b>                  | 28 oz | Healthy balance of fat, fiber & protein, with convenience of a quick cook time.   |
| <b>Old Fashioned Rolled Oats</b>     | 32 oz | May help lower cholesterol.   |
| <b>White Sesame Seeds</b>            | 16 oz | Nutty flavor, numerous health benefits.   |
| <b>Whole Grain Teff</b>              | 24 oz | Contains high amounts of iron and minerals.   |
| <b>Whole Yellow Popcorn</b>          | 27 oz | Guilt free snack, 100% whole grain.   |
| <b>Whole White Popcorn</b>           | 27 oz | Easy and quick to cook.   |
| <b>Organic Kamut Grain</b>           | 24 oz | Nutty-buttery flavor, perfect for baking.   |

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| <b>OTHER</b>                                 |       |  |
| <b>Golden Couscous</b>                       | 24 oz | Makes for a tasty side dish.   |
| <b>Hemp Protein Powder</b>                   | 16 oz | Adds a protien punch to smoothies and baked goods.                   |
| <b>Shredded Coconut Unsweetened</b>          | 12 oz | High in fiber and protein with healthy fats and no added sweeteners. |
| <b>Wheat Germ</b>                            | 32 oz | Adds a boost of fiber.   |
| <b>ANCIENT GRAINS* AND FLOURS</b>            |       |  |
| <b>Organic Whole Durum</b>                   | 2 lbs | Hardest of all wheat providing higher protein than other types.      |
| <b>Organic Stone Ground Durum Flour</b>      | 5 lbs | Great when making homemade pastas, breads, and crusts.               |
| <b>Organic Einkorn Grain*</b>                | 2 lbs | Sweeter than modern wheats.  |
| <b>Organic Stone Ground Einkorn Flour*</b>   | 2 lbs | Easily digestible grain, contains all eight amino acids.             |
| <b>Organic Quinoa Grain*</b>                 | 2lbs  | Stone ground to retain nutrition content.                            |
| <b>Organic Stone Ground Quinoa Flour*</b>    | 5 lbs | Contains all eight amino acids, also high in iron.                   |
| <b>Organic Stone Ground Spelt Flour</b>      | 2 lbs | Easily digestible, great for yeast and quick breads.                 |
| <b>Organic Stone Ground Barley Flour</b>     | 5 lbs | Heart healthy, high in fiber, vitamins and minerals.                 |
| <b>Organic Lilly White All Purpose Flour</b> | 5 lbs | Perfect for your everyday baking needs.                              |
| <b>Organic Stone Ground Brown Rice Flour</b> | 5 lbs | Baking and thickening agent.   |
| <b>Organic Flax Seed</b>                     | 2 lbs | Excellent way to introduce Omega-3 fatty acids & fiber to diet.      |
| <b>Organic Oat Bran</b>                      | 2 lbs | Try on cereals, yogurts, cookies and baked goods for added fiber.    |



Products can be found on Amazon.com - Contact us with any questions!

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