



Great River®

ORGANIC MILLING



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

PRODUCT MENU

NEWLY FEATURED NUTRITION | WITH THE SAME GREAT GOALS

QUALITY PRODUCTS FOR YOU AND YOUR FAMILY

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OUR PRODUCTS	SIZE	SUGGESTED USE & VALUE
GLUTEN FREE		
Gluten Free Brown Rice Flour	24 oz	Whole grain, neutral in flavor. Can be used as a gluten free thickening agent in sauces.
Gluten Free Oat Flour	22 oz	Adds a light sweet flavor to your baked goods.
Gluten Free Sweet White Rice Flour	24 oz	Milled from sticky or sweet rice, this flour highlights other ingredients when used in baked goods.
Organic Gluten Free Whole Golden Flaxseed	24 oz	Omega-3 fatty acids, fiber, and lignans, making it heart-healthy.
Organic Gluten Free Golden Flaxseed Meal	16 oz	Omega-3 fatty acids, fiber, and lignans, making it heart-healthy.
Gluten Free Quick Cooking Rolled Oats	32 oz	Consumption on a regular basis may help lower your cholesterol.
Gluten Free Steel Cut Oats	24 oz	Good source of plant based protein and iron, with 5g of fiber.
Gluten Free Thick Rolled Oats	32 oz	Healthy complex carbohydrate with essential vitamins and minerals, low in fat.
Gluten Free Super-Fine Almond Flour	16 oz	Adds sweet buttery flavor. Ideal for gluten free, grain free, and Paleo baking.
Organic Gluten Free Whole Grain Amaranth	24 oz	Ancient grain that has a mild, sweet flavor. Packed with nutrition and naturally gluten free.

FOR MORE INFO GO TO  WWW.GF-CERT.ORG

BEANS AND LENTILS

Black Turtle Beans	26 oz	May help control blood sugar.
Garbanzo Beans	25 oz	Firm texture, packed with protein, fiber and magnesium.
Lentils Heritage Beans	27 oz	Ready to enjoy in just 20 minutes.
Pinto Beans	27 oz	High in fiber and iron, low in cholesterol.
French Green Lentils	24 oz	Rich earthy flavor, holds shape in salads and soups.
Red Lentils	27 oz	Versatile & convenient to cook, requires no pre-soaking.

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.



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FLOURS		
Semolina Pasta Flour	24 oz	Creates unique flavor and added creamy texture to pastas.
Spelt Flour	24 oz	Easy absorption to the body and adds nutty flavor to baking.
Teff Flour	24 oz	Made from ancient Ethiopian grain, high in iron, magnesium, calcium, fiber and antioxidants
Vital Wheat Gluten Flour	22 oz	Staple for whole grain bakers adding a 75% protein punch.
ORGANIC FLOURS		
Organic Buckwheat Flour	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.
Organic Dark Rye Flour	22 oz	Rye has numerous health benefits, one being that it has been found to aid in managing diabetes.
Organic Medium Grind Cornmeal	24 oz	Pleasantly sweet and earthy in flavor with a beautiful yellow color.
WHOLE GRAINS		
Chia Seeds	16 oz	Neutral flavor and high in Omega-3 fatty acids. Adding quick easy nutrition to any food or drink.
Bulgur Wheat	28 oz	Healthy balance of fat, fiber & protein, with convenience of a quick cook time.
Old Fashioned Rolled Oats	32 oz	May help lower cholesterol.
White Sesame Seeds	16 oz	Nutty flavor, numerous health benefits.
Whole Grain Teff	24 oz	Contains high amounts of iron and minerals.
Whole Yellow Popcorn	27 oz	Guilt free snack, 100% whole grain.
Whole White Popcorn	27 oz	Easy and quick to cook.
Organic Kamut Grain	24 oz	Nutty-buttery flavor, perfect for baking.

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VER.02 AUGUST '18



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