



2017 CATALOG

To Your
Good Health®

Bob Moore



Millers & Purveyors of the Widest Assortment
of Whole Grain Foods in the World



Dear Friends,



From my vantage point inside Bob's Red Mill, I see the surging popularity of whole grain foods for every meal as you and others around the world create personal wellness programs by carefully selecting the foods you eat. Your eagerness to share your product knowledge and preferences on social media is helping to create a healthier world—one product at a time.

While traveling the world, visiting customers in stores and signing my books at trade shows, 2016 brought me a new challenge. In early October I was the chef-contestant representing my company at the World Porridge Making Championship, called the Golden Spurtle, in Carrbridge, Scotland. I used my personal porridge stirring “spurtle” and Bob's Red Mill Quick Cooking Steel Cut Oats to make both traditional and speciality porridge for the judges. Turn the page for full details in the Milling Gazette.

With the Golden Spurtle competition now a pleasant memory, I'm back at the Mill, working with Operations, Marketing and Sales to convert our packaging to re-sealable stand-up pouches you see in the photos below. Customer comments have been unwavering in their praise. This is packaging worthy of the whole grain nutrition inside.

I take particular pride in sharing several new products with you. Gluten Free Egg Replacer for your vegan baking needs. Three new Mueslis: Fruit and Seed, Gluten Free Tropical, and Paleo. Paleo Baking Flour is gluten free and versatile. Organic Gluten Free Oats and Organic Masa Harina; Pea Protein; Psyllium Fiber; and four Protein Powder Nutritional Boosters —Vanilla, Chai, Chocolate and unflavored—deliver probiotic fiber and protein.

As you can see, progress takes many forms when promoting whole grain foods. *Whole grain foods for every meal of the day*[®] remains my heartfelt goal and a true source of inspiration.

To Your Good Health,

Bob Moore



Bob's Red Mill Whole Grain Store, Restaurant and Bakery
6 a.m.–6 p.m. Monday–Saturday
For more information, call 503-607-6455

GLUTEN FREE



In our commitment to provide the highest quality wholesome foods available, we are pleased to offer many new gluten free products at Bob's Red Mill. We have a separate dedicated facility where ONLY gluten free products are milled and packaged. All Bob's Red Mill gluten free products are tested for gluten free integrity upon arrival in our facility and sample-tested throughout the milling and packaging process in our Quality Control Laboratory. We use an ELISA Gluten Assay test to confirm that a product is gluten free. You will see the gluten free symbol, shown above, throughout our catalog.

ORGANIC PRODUCTS



All Bob's Red Mill products bearing the USDA Organic seal have been grown and produced using a uniform set of methods established by the United States Department of Agriculture's National Organic Program (NOP), which includes annual on-site inspections by third-party inspectors. All products using the seal have been third-party certified by QAI (Quality Assurance International).

IDENTITY PRESERVED



Bob's Red Mill always made a commitment to purchase only ingredients that are not made with the use of modern biotechnology. Our suppliers guarantee their crops were grown from identity preserved seed. We are enrolled in the Non-GMO Project.

KOSHER



As a continued commitment to the quality of the products we make and sell, all of Bob's Red Mill products are certified kosher by Rabbi Don Yoel Levy, Kashruth Administrator of OK Kosher.

WHOLE GRAIN STAMP



Now it's easier than ever to identify and rate the whole grain products you find on your grocery shelf. Just look for the recognizable yellow and black "Whole Grain Stamp," a packaging symbol developed by the national Whole Grains Council. When you see it, you can be sure that each portion contains at least one of the three servings of whole grains that the USDA recommends we eat each day.

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As found on www.marthastewart.com, October 10:



Photo credit: Fergus Thom.

“American Beats Scots at Making Their National Dish!”

Who knew oats were such a big deal?

In what just might be the most amazing news of the week, an 87-year-old American went to Scotland and beat the home team

at porridge making. Porridge is what the Brits call oatmeal, or Pinhead Oats, and this hot cereal is the national dish (well, along with haggis) of Scotland, so for an American to win the prestigious World Porridge Making Championship is really something. Then again, Bob Moore isn't just any octogenarian from Portland, Oregon. He's also the founder of one of our favorite food brands, Bob's Red Mill, a go-to source for whole grains, cereals and, yes, oats! A man who has dedicated his life

to providing Americans with healthy whole-grain foods, Bob said he “couldn't believe it when my name was announced,” adding, “it is so meaningful to me to win the Golden Spurtle.”

In case you didn't know, a Spurtle is the traditional tool used for stirring porridge, and it's usually made of wood not gold! Bob won the Golden Spurtle for the best traditional porridge, made with just three ingredients; oatmeal, water and salt. The Steel Cut Oats Bob used in competition are available online and at your favorite market. Be a champ and try some today!





NEW

Gluten Free Egg Replacer Belongs in Every Pantry



Anyone who bakes has had this happen: "Oh no, I'm out of eggs." Not only is our gluten free Egg Replacer vegan, it's also easy to use and dependable as a pantry staple. One can easily replace a whole egg, egg white, or egg yolk in pursuit of the perfect pancake, muffin, cake, brownie or quick bread. This baking staple is the equivalent of 34 eggs. Forget the chicken feed. This sourced non-GMO, kosher, Gluten Free Egg Replacer contains no wheat, gluten, soy, corn or beans. It's pure and simple, in a re-sealable package; just how it should be. **Order yours now.**

Back Story on Protein Powder Nutritional Boosters

Years of milling, packaging and marketing whole foods have made us proud of our part in creating a healthy world — one whole grain product at a time. Medical professionals tell us that gut health, fiber and protein are important beginning points for good health. A world-renowned gastroenterologist helped create our blend of plant based protein, omega-3s, probiotics, soluble fiber and prebiotic fiber into a Nutritional Booster that is great in shakes and smoothies while being an excellent source of protein and fiber. We created one unflavored and flavored the other three — vanilla, chai and chocolate. With four smoothie Nutritional Boosters now a marketplace success, each sale creates an avenue to good health.





Flours & Meals



Whole Wheat Monkey Bread made with Organic Whole Wheat Pastry Flour

10 GRAIN FLOUR is stone-ground whole grain wheat, rye, triticale, oats, corn, barley, soy beans, brown rice, millet and flaxseed.

24 oz (1.5 lbs)	1535C24	\$2.59
Case 4-24 oz (6.5 lbs)	1535C244	*\$9.29

GF 1-TO-1 BAKING FLOUR is an extraordinary blend of sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour and xanthan gum.

22 oz (1.5 lbs)	1601C22	\$4.95
Case 4-22 oz (6.5 lbs)	1601C224	*\$17.69
44 oz (2.75 lbs)	1601C44	\$9.45
Case 4-44 oz (11.5 lbs)	1601C444	*\$33.89
5 lb (5 lbs)	1601C05	\$16.39
Case 4-5 lbs (21 lbs)	1601C054	*\$58.99
25 lb (25 lbs)	1601B25	\$60.50

GF ALL-PURPOSE BAKING FLOUR contains a versatile blend of gluten free flours from potato starch, tapioca, sorghum and beans (garbanzo and fava).

22 oz (1.5 lbs)	1600C22	\$4.59
Case 4-22 oz (6 lbs)	1600C224	*\$16.49
44 oz (2.75 lbs)	1600C44	\$8.09
Case 4-44 oz (11.5 lbs)	1600C444	*\$29.09
25 lb (25 lbs)	1600B25	\$49.10

GF SUPER-FINE ALMOND FLOUR is simply blanched whole almonds finely ground.

16 oz (1 lb)	4999C16	\$14.39
Case 4-16 oz (4.5 lbs)	4999C164	*\$51.79
40 oz (2.5 lbs)	4999C40	\$33.79
Case 4-40 oz (10.5 lbs)	4999C404	\$121.59
25 lb (25 lbs)	4999B25	\$225.00

GF SUPER-FINE NATURAL ALMOND FLOUR is finely ground from whole almonds with the skin intact.

16 oz (1 lb)	4998C16	\$14.39
Case 4-16 oz (4.5 lbs)	4998C164	*\$51.79
25 lb (25 lbs)	4998B25	\$225.00

GF ORGANIC AMARANTH FLOUR is stone-ground from whole grain amaranth.

22 oz (1.5 lbs) Org.	6001C22	\$8.19
Case 4-22 oz (6 lbs) Org.	6001C224	*\$29.39
25 lbs (25 lbs) Org.	6001B25	\$79.80

ARTISAN BREAD FLOUR is a premium, high protein wheat flour, perfect for baguettes, pizza crusts, dinner rolls, sandwich loaves, pretzels, bagels and more.

5 lb (5 lbs)	1317C05	\$5.99
Case 4-5 lbs (21 lbs)	1317C054	*\$21.49
25 lb (25 lbs)	1317B25	\$22.90

BARLEY FLOUR is stone-ground from the finest quality barley.

20 oz (1.25 lbs)	1076C20	\$2.89
Case 4-20 oz (5.5 lbs)	1076C204	*\$10.39
25 lb (25 lbs)	1076B25	\$24.90

GF BLACK BEAN FLOUR is stone-ground from rich, hearty black beans.

24 oz (1.5 lbs)	1660C24	\$4.59
Case 4-24 oz (6.5 lbs)	1660C244	*\$16.49

ORGANIC BUCKWHEAT FLOUR is ground whole grain buckwheat – nothing else!

22 oz (1.5 lbs) Org.	1090C22	\$5.09
Case 4-22 oz (6 lbs) Org.	1090C224	*\$18.19
25 lb (25 lbs) Org.	1090B25	\$56.80



ORGANIC COCONUT FLOUR is ground from dried, defatted coconut.

16 oz (1 lb) Org.	6135C16	\$4.99
Case 4-16 oz (4.5 lbs) Org.	6135C164	*\$17.99
25 lb (25 lbs) Org.	6135B25	\$74.00



CORN FLOUR is stone-ground and contains all of the bran, germ and endosperm.

24 oz (1.5 lbs)	1140C24	\$2.69
Case 4-24 oz (6.5 lbs)	1140C244	*\$9.59
25 lb (25 lbs)	1140B25	\$17.20
24 oz (1.5 lbs) Org.	6007C24	\$3.29
Case 4-24 oz (6.5 lbs) Org.	6007C244	*\$11.79
25 lb (25 lbs) Org.	6007B25	\$31.00



GF CORN FLOUR is made from finely stone-ground yellow corn kernels.

24 oz. (1.5 lbs)	1617C24	\$3.69
Case 4-24 oz (6.5 lbs)	1617C244	*\$13.19
25 lbs (25 lbs)	1617B25	\$21.50



MASA HARINA CORN FLOUR is used to make traditional corn tortillas.

24 oz (1.5 lbs)	1142C24	\$3.29
Case 4-24 oz (6.5 lbs)	1142C244	*\$11.79
25 lb (25 lbs)	1142B25	\$27.30
24 oz (1.5 lbs) Org.	6012C24	\$4.89
Case 4-24 oz (6.5 lbs) Org.	6012C244	*\$17.49



GF MASA HARINA CORN FLOUR is used to make traditional corn tortillas.

24 oz. (1.5 lbs)	1622C24	\$3.89
Case 4-24 oz (6.5 lbs)	1622C244	*\$13.99
25 lbs (25 lbs)	1622B25	\$31.50

FINE GRIND CORNMEAL is stone-ground from whole yellow corn. It contains all of the bran, germ and endosperm.

24 oz (1.5 lbs)	1147C24	\$2.39
Case 4-24 oz (6.5 lbs)	1147C244	*\$8.59
25 lb (25 lbs)	1147B25	\$21.50

MEDIUM GRIND CORNMEAL is stone-ground from whole yellow corn. It contains all of the bran, germ and endosperm.

24 oz (1.5 lbs)	1148C24	\$2.39
Case 4-24 oz (6.5 lbs)	1148C244	*\$8.59
25 lb (25 lbs)	1148B25	\$21.50
24 oz (1.5 lbs) Org.	6008C24	\$3.19
Case 4-24 oz (6.5 lbs) Org.	6008C244	*\$11.39
25 lb (25 lbs) Org.	6008B25	\$33.00



GF CORNMEAL is stone-ground from whole yellow corn. It contains all of the bran, germ and endosperm.

24 oz. (1.5 lbs)	1620C24	\$3.69
Case 4-24 oz (6.5 lbs)	1620C244	*\$13.19
25 lbs (25 lbs)	1620B25	\$25.30



COARSE GRIND CORNMEAL is stone-ground from whole yellow corn. It contains all of the bran, germ and endosperm.

24 oz (1.5 lbs)	1150C24	\$2.39
Case 4-24 oz (6.5 lbs)	1150C244	*\$8.59

Chocolate Almond Torte made with Super-fine Almond Flour



BLUE CORNMEAL (MEDIUM GRIND) is stone-ground to a medium grind from whole grain blue corn.

24 oz (1.5 lbs)	1157C24	\$4.29
Case 4-24 oz (6.5 lbs)	1157C244	*\$15.39

WHITE CORNMEAL (MEDIUM GRIND) is stone-ground from whole grain white corn.

24 oz (1.5 lbs)	1152C24	\$3.79
25 lb (25 lbs)	1152B25	\$35.40

 **FAVA BEAN FLOUR** is finely stone-ground from rich and creamy fava beans after the tough outer spines have been removed.

24 oz (1.5 lbs)	1659C24	\$13.59
Case 4-24 oz (6.5 lbs)	1659C244	*\$48.89
25 lb (25 lbs)	1659B25	\$114.70

 **FLAXSEED MEAL** is made from freshly cold-milled flaxseeds.

16 oz (1 lb)	1235C16	\$3.39
Case 4-16 oz (4.5 lbs)	1235C164	*\$12.19
32 oz (2 lbs)	1235C32	\$5.59
Case 4-32 oz (8.5 lbs)	1235C324	*\$20.09
25 lb (25 lbs)	1235B25	\$46.40
16 oz (1 lb) Org.	6032C16	\$4.49
Case 4-16 oz (4.5 lbs) Org.	6032C164	*\$16.09
32 oz (2 lbs) Org.	6032C32	\$8.09
Case 4-32 oz (8.5 lbs) Org.	6032C324	*\$29.09
25 lb (25 lbs) Org.	6032B25	\$64.80

 **GOLDEN FLAXSEED MEAL** is made from freshly cold-milled golden flaxseeds.

16 oz (1 lb)	1236C16	\$3.99
Case 4-16 oz (4.5 lbs)	1236C164	*\$14.29
25 lb (25 lbs)	1236B25	\$53.70
16 oz (1 lb) Org.	6035C16	\$5.09
Case 4-16 oz (4.5 lbs) Org.	6035C164	*\$18.29
32 oz (2 lbs) Org.	6035C32	\$8.29
Case 4-32 oz (8.5 lbs) Org.	6035C324	*\$29.69
25 lb (25 lbs) Org.	6035B25	\$75.90

 **GARBANZO BEAN FLOUR** is stone-ground from whole garbanzo beans.

16 oz (1 lbs)	1260C16	\$2.69
Case 4-16 oz (5.5 lbs)	1260C164	*\$9.69
25 lb (25 lbs)	1260B25	\$34.00

 **GARBANZO & FAVA BEAN FLOUR** is stone-ground garbanzo and fava beans.

22 oz (1.5 lbs)	1605C22	\$5.99
Case 4-22 oz (6 lbs)	1605C224	*\$21.49
25 lbs (25 lbs)	1605B25	\$64.10

GLUTEN FLOUR: see vital wheat gluten, page 10.

GRAHAM FLOUR is our most coarsely stone-ground whole wheat flour. It contains 100% of the germ, oil and fiber.

24 oz (1.5 lbs)	1250C24	\$2.59
Case 4-24 oz (6.5 lbs)	1250C244	*\$9.29
24 oz (1.5 lbs) Org.	6095C24	\$3.19
Case 4-24 oz (6.5 lbs) Org.	6095C244	*\$11.49

 **HAZELNUT FLOUR** is made from ground whole Oregon hazelnuts.

14 oz (1 lb)	1811C14	\$16.99
Case 4-14 oz (4 lbs)	1811C144	*\$60.99
25 lb (25 lbs)	1811B25	\$298.50

ORGANIC KAMUT® FLOUR is milled from Kamut® Khorasan Wheat, an ancient relative of modern wheat.

20 oz (1.25 lbs) Org.	1753C20	\$3.69
Case 4-20 oz (6.5 lbs) Org.	1753C204	*\$13.29
25 lb (25 lbs) Org.	1753B25	\$51.70

 **MILLET FLOUR** is stone-ground, whole grain millet.

23 oz (1.5 lbs)	1296C23	\$3.19
Case 4-23 oz (6.25 lbs)	1296C234	*\$11.39
25 lb (25 lbs)	1296B25	\$32.30

OAT FLOUR is milled from whole grain oats.


22 oz (1.5 lbs)	1375C22	\$3.39
Case 4-22 oz (6.25 lbs)	1375C224	*\$12.19
25 lb (25 lbs)	1375B25	\$26.70

 **GF OAT FLOUR** is milled from whole grain oats, carefully sourced and R5 ELISA tested to ensure our gluten free promise.

22 oz (1.25 lbs)	1984C22	\$6.19
Case 4-22 oz (6.5 lbs)	1984C224	*\$22.29
25 lb (25 lbs)	1984B25	\$48.30

  **PALEO BAKING FLOUR** is made with just 4 simple ingredients: almond flour, arrowroot starch, organic coconut flour, tapioca flour.

16 oz (1 lb)	1951C16	\$13.99
Case 4-16 oz (4 lbs)	1951C164	*\$50.29
32 oz (2 lbs)	1951C32	\$25.99
Case 4-32 oz (8 lbs)	1951C324	*\$93.49
25 lb (25 lbs)	1951B25	\$229.00

 **POTATO FLOUR** is ground from whole peeled and trimmed potatoes.

24 oz (1.5 lbs)	1445C24	\$6.29
Case 4-24 oz (6.5 lbs)	1445C244	*\$22.59
25 lb (25 lbs)	1445B25	\$60.10

 **ORGANIC QUINOA FLOUR** (pronounced keen-wa) is stone-ground from whole grain quinoa.

22 oz (1.5 lbs) Org.	1448C22	\$15.99
Case 4-22 oz (6 lbs) Org.	1448C224	*\$57.49
25 lb (25 lbs) Org.	1448B25	\$198.60



BROWN RICE FLOUR is stone-ground from the highest quality whole grain brown rice.

24 oz (1.5 lbs)	1460C24	\$3.59
Case 4-24 oz (6.5 lbs)	1460C244	*\$12.89
48 oz (3 lbs)	1460C48	\$5.09
Case 4-48 oz (13 lbs)	1460C484	*\$18.29
25 lb (25 lbs)	1460B25	\$33.00
24 oz (1.5 lbs) Org.	6072C24	\$5.39
Case 4-24 oz (6.5 lbs) Org.	6072C244	*\$19.39
25 lb (25 lbs) Org.	6072B25	\$55.50



WHITE RICE FLOUR is stone-ground from premium white rice.

24 oz (1.5 lbs)	1461C24	\$3.09
Case 4-24 oz (6.5 lbs)	1461C244	*\$11.09
48 oz (3 lbs)	1461C48	\$4.89
Case 4-48 oz (13 lbs)	1461C484	*\$17.59
25 lbs (25 lbs)	1461B25	\$29.10
24 oz (1.5 lbs) Org.	6063C24	\$5.29
Case 4-24 oz (6.5 lbs) Org.	6063C244	*\$18.99
25 lbs (25 lbs) Org.	6063B25	\$53.90



SWEET WHITE RICE FLOUR is stone-ground from high-starch, short-grain rice.

24 oz (1.5 lbs)	5038C24	\$4.19
Case 4-24 oz (6.5 lbs)	5038C244	*\$15.09
25 lb (25 lbs)	5038B25	\$49.30

LIGHT RYE FLOUR (UNBLEACHED) is finely milled rye with the bran and germ partially removed.

22 oz (1.5 lbs)	1475C22	\$2.89
Case 4-22 oz (6 lbs)	1475C224	*\$10.39
25 lb (25 lbs)	1475B25	\$32.70

ORGANIC DARK RYE FLOUR is finely milled, stone-ground rye complete with the germ, oil and fiber.

(1.5 lbs) Org.	1476C22	\$3.39
Case 4-22 oz (6 lbs) Org.	1476C224	*\$12.19
25 lbs (25 lbs) Org.	1476B25	\$32.70



ORGANIC PUMPERNICKEL DARK RYE MEAL

is made from coarsely ground whole grain rye.

24 oz (1.5 lbs) Org.	1480C24	\$3.49
Case 4-24 oz (6.5 lbs) Org.	1480C244	*\$12.49



SEMOLINA is made from the finest durum wheat and makes superb pasta.

24 oz (1.5 lbs)	1495C24	\$3.09
Case 4-24 oz (6.5 lbs)	1495C244	*\$11.09
25 lb (25 lbs)	1495B25	\$31.50



SORGHUM FLOUR is milled from whole grain sorghum.

22 oz (1.5 lbs)	2530C22	\$3.89
Case 4-22 oz (6 lbs)	2530C224	*\$13.99
25 lb (25 lbs)	2530B25	\$30.90

SOY FLOUR is whole ground from the best soy beans.

16 oz (1 lb)	1516C16	\$3.89
Case 4-16 oz (4.5 lbs)	1516C164	*\$13.99
16 oz (1 lb) Org.	7021C16	\$5.69
Case 4-16 oz (4.5 lbs) Org.	7021C164	*\$20.19
35 lb (35 lbs) Org.	7021B35	\$115.70



LIGHT SPELT FLOUR is simply spelt flour with the bran and germ partially removed to make a lighter flour.

22 oz (1.5 lbs)	2514C22	\$5.19
Case 4-22 oz (6 lbs)	2514C224	*\$18.59
25 lb (25 lbs)	2514B25	\$76.00

SPELT FLOUR is stone-ground from whole grain spelt.

24 oz (1.5 lbs)	2513C24	\$3.49
Case 4-24 oz (6.5 lbs)	2513C244	*\$12.49
48 oz (3 lbs)	2513C48	\$7.35
Case 4-48 oz (13 lbs)	2513C484	\$26.49
25 lb (25 lbs)	2513B25	\$41.60
24 oz (1.5 lbs) Org.	6085C24	\$4.68
Case 4-24 oz (6.5 lbs) Org.	6085C244	*\$16.89
25 lb (25 lbs) Org.	6085B25	\$51.70



BBQ Chicken Pizza made with delicious Paleo Baking Flour.

SUPER-FINE CAKE FLOUR is made from low-protein wheat, carefully milled into a super-fine texture. It is the ideal choice for cakes of all kinds and can also be used for other delicate baked goods such as cupcakes, pancakes and pie crusts.

48 oz (3 lb)	1316C48	\$3.99
Case 4-48 oz (12.5 lbs)	1316C484	*\$14.19
25 lb (25 lbs)	1316B25	\$22.90

TAPIOCA FLOUR is a grain-free flour derived from cassava root.

20 oz (1.25 lbs)	1532C20	\$3.89
Case 4-20 oz (5.5 lbs)	1532C204	*\$13.99
25 lb (25 lbs)	1532B25	\$36.90

TEFF FLOUR is stone-ground whole grain teff.

24 oz (1.5 lbs)	1534C24	\$7.29
Case 4-24 oz (6.5 lbs)	1534C244	*\$26.19
25 lb (25 lbs)	1534B25	\$84.70

UNBLEACHED WHITE ALL-PURPOSE FLOUR

is premium, unbromated baking flour milled from the highest quality wheat.

48 oz (3 lbs)	1560C48	\$2.99
Case 4-48 oz (12.5 lbs)	1560C484	*\$10.69
5 lb (5 lbs)	1560C05	\$4.29
Case 4-5 lb (21 lbs)	1560C054	*\$15.39
25 lb (25 lbs)	1560B25	\$21.00
48 oz (3 lbs) Org.	6096C48	\$5.29
Case 4-48 oz (12.5 lbs) Org.	6096C484	*\$18.79
5 lb (5 lbs) Org.	6096C05	\$7.99
Case 4-5 lb (21 lbs) Org.	6096C054	*\$28.79
25 lb (25 lbs) Org.	6096B25	\$37.50

UNBLEACHED WHITE FINE PASTRY FLOUR is milled from soft white wheat with low protein content, making it ideal for tender baked goods.

48 oz (3 lbs)	1575C48	\$2.99
Case 4-48 oz (12.5 lbs)	1575C484	\$10.69
5 lb (5 lbs)	1575C05	\$4.29
Case 4-5 lb (21 lbs)	1575C054	\$15.39
25 lb (25 lbs)	1575B25	\$21.00

ORGANIC IVORY WHEAT™ FLOUR is stone-ground from organic whole grain hard white wheat berries. Great for breads, cookies, brownies, pizza dough, pancakes and more.

48 oz (3 lbs) Org.	7007C48	\$5.29
Case 4-48 oz (12.5 lbs) Org.	7007C484	*\$18.79
5 lbs (5 lbs) Org.	7007C05	\$7.99
Case 4-5 lb (21 lbs) Org.	7007C054	*\$28.79
25 lbs (25 lbs) Org.	7007B25	\$32.10

WHOLE WHEAT FLOUR is stone-ground from whole grain dark northern hard red wheat, with all of the nutritious bran and germ still intact. A high protein flour, excellent for baking yeast breads.

48 oz (3 lbs)	1555C48	\$2.99
Case 4-48 oz (12.5 lbs)	1555C484	*\$10.69
5 lb (5 lbs)	1555C05	\$4.29
Case 4-5 lb (21 lbs)	1555C054	*\$15.39
25 lb (25 lbs)	1555B25	\$21.00
48 oz (3 lbs) Org.	6092C48	\$5.29
Case 4-48 oz (12.5 lbs) Org.	6092C484	*\$18.79
5 lb (5 lbs) Org.	6092C05	\$7.99
Case 4-5 lb (21 lbs) Org.	6092C054	*\$28.79
25 lb (25 lbs) Org.	6092B25	\$32.10

WHOLE WHEAT PASTRY FLOUR is stone-ground from the finest soft white wheat. The lower protein content of this flour makes it perfect for pie crusts, cakes, cookies and quick breads.

48 oz (3 lbs)	1570C48	\$3.69
Case 4-48 oz (12.5 lbs)	1570C484	*\$13.19
5 lb (5 lbs)	1570C05	\$4.29
Case 4-5 lb (21 lbs)	1570C054	*\$15.39
25 lb (25 lbs)	1570B25	\$21.00
48 oz (3 lbs) Org.	6098C48	\$5.29
Case 4-48 oz (12.5 lbs) Org.	6098C484	*\$18.79
5 lb (5 lbs) Org.	6098C05	\$7.99
Case 4-5 lb (21 lbs) Org.	6098C054	*\$28.79
25 lb (25 lbs) Org.	6098B25	\$32.10

WHITE BEAN FLOUR is made from stone-ground, premium quality small white beans.

24 oz (1.5 lbs)	1664C24	\$4.29
Case 4-24 oz (6.5 lbs)	1664C244	*\$15.39
25 lb (25 lbs)	1664B25	\$54.20

“So far, I have purchased almond flour and coconut flour and I am in LOVE with them. I have been making my own health bars with them. Just wanted to say thank you and can't wait to try the rest of your healthy products!”

~ Lauren (from Texas)



Bob & Charlee

THE  OF

Bob's Red Mill



↑ Charlee & Bob met on a blind date in 1952. Twenty-six years later they founded Bob's Red Mill together as a labor of love.



↑ It was Charlee who first inspired the couple's whole grain adventure when, in the early 1960s, she committed to feeding their family healthful whole foods.



↑ Charlee was a fixture in the original Bob's Red Mill store, which quickly gained a loyal following in the local community.



↑ Bob and Charlee still love to spend time at the Whole Grain Store.

Today, Bob and Charlee's passion for whole grains is as strong as ever. ↓





Baking Essentials

Sugar Snap Cookies made with Gluten Free Egg Replacer, Baking Powder, Baking Soda and Cane Sugar



ARROWROOT STARCH is a thickener and binding ingredient.

16 oz (1 lbs)	1030C16	\$6.19
Case 4-16 oz (4.5 lbs)	1030C164	*\$22.19
25 lb (25 lbs)	1030B25	\$92.00

BAKING POWDER contains sodium phosphate, bicarbonate of soda, cornstarch and calcium phosphate—no aluminum added and no bitter aftertaste.

16 oz (1 lb)	1050C16	\$4.09
Case 4-16 oz (4.5 lbs)	1050C164	*\$14.69
10 lb (10 lbs)	1050B10	\$33.30

BAKING SODA is plain bicarbonate of soda, a top-quality leavening agent used for baking.

16 oz (1 lb)	1055C16	\$2.99
Case 4-16 oz (4.5 lbs)	1055C164	*\$10.69
25 lb (25 lbs)	1055B25	\$28.30

TOASTED CAROB POWDER is made from the dried pods of the carob tree.

18 oz (1.25 lbs)	1120C18	\$4.69
Case 4-18 oz (5 lbs)	1120C184	*\$16.89

CORNSTARCH is a dense powder obtained from the endosperm portion of corn and is used as a thickener.

22 oz (1.5 lbs)	1146C22	\$3.19
Case 4-22 oz (6 lbs)	1146C224	*\$11.49
25 lb (25 lbs)	1146B25	\$38.50

GOLDRUSH SOURDOUGH STARTER is produced with only "wild" yeast and no fillers or preservatives. Works well in bread machines, too.

.5 oz (.25 lb)	4603-01	\$1.99
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NEW GLUTEN FREE EGG REPLACER is a proprietary blend made from 4 simple ingredients: potato starch, tapioca flour, baking soda and psyllium husk fiber.

12 oz (.75 lb)	1596C12	\$4.49
Case 8-12 oz (6.5 lbs)	1596C128	*\$31.79

VEGETARIAN EGG REPLACER is an easy-to-use powder. Contains soy, wheat gluten, corn syrup solids, and algin (from algae).

16 oz (1 lb)	1595C16	\$9.49
Case 4-16 oz (4.5 lbs)	1595C164	*\$34.09
25 lb (25 lbs)	1595B25	\$120.60

VITAL WHEAT GLUTEN is the protein found in wheat. A small amount added to yeast bread recipes improves the texture and elasticity of the dough. May also be used to make a meat substitute known as seitan.

22 oz (1.5 lbs)	1240C22	\$7.69
Case 4-22 oz (6 lbs)	1240C224	*\$27.59
25 lb (25 lbs)	1240B25	\$75.90

GUAR GUM is made from an East Indian seed. Use small amounts as a thickener, binder and volume enhancer.

8 oz (.5 lb)	1598C08	\$10.49
Case 8-8 oz (4.5 lbs)	1598C088	*\$75.49

SOY LECITHIN GRANULES are used in baking to produce a tender texture—especially in whole grain breads.

16 oz (1 lb)	1280C16	\$16.19
Case 4-16 oz (4.5 lbs)	1280C164	*\$57.99
25 lb (25 lbs)	1280B25	\$195.00

POTATO FLAKES are made from genuine russet potatoes. Make quick, delicious real mashed potatoes, or use in yeast breads that call for mashed potatoes.

16 oz (1 lb)	1454C16	\$3.89
Case 4-16 oz Bags (4.5 lbs)	1454C164	*\$13.99
25 lb (25 lbs)	1454B25	\$74.40

POTATO STARCH tolerates higher temperatures than cornstarch, making it an excellent thickener for sauces, soups and stews. Adds moistness to any baked good.

24 oz (1.5 lbs)	1444C24	\$3.99
Case 4-24 oz (6.5 lbs)	1444C244	*\$14.29
25 lb (25 lbs)	1444B25	\$50.00

PSYLLIUM FIBER POWDER is a unique ingredient perfect for gluten free baking. Works well as a substitute for xanthan gum, a vegan egg replacer, or a fiber boost for baked goods.

16 oz (1 lb)	5234C16	\$11.99
Case 4-16 oz (4.5 lbs)	5234C164	*\$43.19

SEA SALT is made from purified Pacific sea water by a simple evaporation process.

2 lb (2 lbs)	1490C02	\$2.19
Case 4-2 lb (8.5 lbs)	1490C024	*\$7.79
4 lb (4 lbs)	1490C04	\$3.40
Case 4-4 lbs (16 lbs)	1490C044	*\$12.29
25 lb (25 lbs)	1490B25	\$17.20

SMALL PEARL TAPIOCA is used to make traditional old-fashioned tapioca pudding, an all-American favorite dessert.

24 oz (1.5 lbs)	1530C24	\$4.19
Case 4-24 oz (6.5 lbs)	1530C244	*\$15.09
25 lb (25 lbs)	1530B25	\$45.80

XANTHAN GUM adds volume and viscosity to bread and other gluten free baked goods. It is made from the outer layer of a tiny microorganism called *Xanthomonas campestris*.

8 oz (.5 lb)	1599C08	\$13.09
Case 6-8 oz (3.5 lbs)	1599C086	*\$70.69
25 lb (25 lbs)	1599B25	\$110.99



Cranberry Orange Almond Bread
made with Dried Cranberries, Cane Sugar,
Baking Powder and Baking Soda

ACTIVE DRY YEAST is kept cool in our warehouse, as it should be at your house, to maintain its freshness and integrity. Our yeast is the same as that used by professional bakers to obtain superior results.

8 oz (.5 lb)	1590C08	\$4.59
Case 8-8 oz (4.5 lbs)	1590C088	*\$32.99

NUTRITIONAL YEAST is grown on enriched purified cane and beet molasses and is fortified with vitamin B-12. It is an ideal vegetarian support formula and has an appealing cheese flavor.

8 oz (.5 lb)	1594C08	\$8.79
Case 8-8 oz (4.5 lb)	1594C084	\$31.59
25 lb (25 lbs)	1594B25	\$266.40

Dried Fruits & Nuts

DICED APPLES add nutrition and flavor to pies, muffins, breads and other baked goods.

6 oz (.5 lb)	1020C06	\$6.39
Case 4-6 oz (1.5 lbs)	1020C046	*\$22.99

BLUEBERRIES have no added sugar or additives of any kind, just the wonderful concentrated flavor of blueberries.

8 oz (.5 lb)	5106C08	\$16.59
Case 8-8 oz (4.5 lbs)	5106C088	*\$119.19

CHERRIES (TART) are wonderfully moist and chewy, with just a touch of sugar and sunflower oil.

8 oz (.5 lb)	1683C08	\$10.79
Case 8-8 oz (4.5 lbs)	1683C088	*\$77.79

COCONUT FLAKES are packed full of flavor and make a healthful snack. They're unsweetened and have no added sulfur.

12 oz (.75 lb)	1130C12	\$4.19
Case 4-12 oz (3.5 lbs)	1130C124	*\$15.09
25 lb (25 lbs)	1130B25	\$91.70

SHREDDED COCONUT is naturally sweet and has no added sulfur.

12 oz (.75 lb)	1135C12	\$3.99
Case 4-12 oz (3.5 lbs)	1135C124	*\$14.09
24 oz (1.5 lbs)	1135C24	\$6.89
Case 4-24 oz (6.5 lbs)	1135C244	*\$24.49
25 lb (25 lbs)	1135B25	\$91.70

FINE MACAROON COCONUT is naturally sweet and has no added sulfur.

12 oz (.75 lb)	1137C12	\$3.99
Case 4-12 oz (3.5 lbs)	1137C124	*\$14.09

CRANBERRIES are slightly tart, moist and chewy. Just a bit of sugar and sunflower oil are added as a preservative and to control the tartness.

8 oz (.5 lb)	1667C08	\$6.19
Case 8-8 oz (4.5 lbs)	1667C088	*\$44.49
16 oz (1 lb)	1667C16	\$13.29
Case 4-16 oz (4.5 lbs)	1667C164	*\$47.79
25 lb (25 lbs)	1667B25	\$163.80

CURRENTS are small seedless raisins, used extensively in cooking and confections. Their flavor is similar to dark raisins.

16 oz (1 lb)	1453C16	\$6.29
Case 4-16 oz (4.5 lbs)	1453C164	*\$22.59

DATE CRUMBLES are small bits of dates with a special oat coating to keep them from sticking together.

20 oz (1.5 lbs)	1215C20	\$6.89
Case 4-20 oz (5.5 lbs)	1215C204	*\$24.79

DATE PIECES are a little larger than our Date Crumbles and can be used the same way.

20 oz (1.5 lbs)	1216C20	\$7.39
Case 4-20 oz (5.5 lbs)	1216C204	*\$26.59

RAISINS are plump, fresh, and a delight to use in recipes and on cereal.

16 oz (1 lb)	1450C16	\$4.89
Case 4-16 oz (4.5 lbs)	1450C164	*\$17.59

WHOLE SHELLED ALMONDS make a terrific snack or can be used in your favorite recipes.

10 oz (.75 lb)	1123C10	\$8.59
Case 8-10 oz (5.5 lbs)	1123C108	*\$61.79

Milk Powders

SWEET CREAM BUTTERMILK POWDER is perfect for biscuits, pancakes, and other baked goods calling for buttermilk.

24 oz (1.5 lbs)	1290C24	\$11.29
Case 4-24 oz (6.5 lbs)	1290C244	*\$40.59

NON-FAT DRY MILK POWDER reconstitutes when beaten with a whisk in hot water. Use for drinking, cooking, baking, and to add nutrition to baked goods.

22 oz (1.25 lb)	1291C22	\$10.39
Case 4-22 oz (5.5 lbs)	1291C224	*\$37.39

SWEET DAIRY WHEY is a by-product of cheese making. It may be used to replace part of the sugar in recipes. It tenderizes baked goods and imparts a slightly sweet flavor.

24 oz (1.5 lbs)	1293C24	\$4.59
Case 4-24 oz (6.5 lbs)	1293C244	*\$16.49

Sweeteners


BROWN SUGAR is simply cane sugar with molasses.

28 oz (1.75 lbs)	1522C28	\$5.71
Case 4-28 oz (7.5 lbs)	1522C284	*\$20.59

CANE SUGAR is made from simple sugar cane. Use as a one-to-one replacement for white sugar.

28 oz (1.75 lbs)	5201C28	\$4.89
Case 4-28 oz (7.5 lbs)	5201C284	*\$17.59

ORGANIC COCONUT SUGAR is made from the nectar of coconut palm tree blossoms.

 16 oz (1 lb) Org.	6136C16	\$6.89
Case 4-16 oz (4.5 lbs) Org.	6136C164	*\$24.59
25 lb (25 lbs)	6136CB25	\$118.60

COARSE TURBINADO SUGAR is a wholesome sweetener made from premium quality sugar cane. The large-grain, amber colored crystals have a delicious toffee flavor.

28 oz (1.75 lb)	5207C28	\$4.89
Case 4-28 oz (7.5 lbs)	5207C284	*\$17.59

FINE TURBINADO SUGAR is perfect for all your sweetening needs, from baking to beverages. The crystals retain some molasses from the sugar cane, giving them an amber color and rich flavor.

28 oz (1.75 lb)	1524C28	\$5.29
Case 4-28 oz (7.5 lbs)	1524C284	*\$18.79

DATE SUGAR is made from premium quality Deglet Noor dates. The flavor is lightly sweet with delicious butterscotch notes.

24 oz (1.5 lbs)	1523C24	\$13.69
Case 4-24 oz (6.5 lbs)	1523C244	*\$49.29

SPARKLING SUGAR is made by polishing large crystals of wholesome cane sugar. Make beautiful bakery-style treats at home by sprinkling sparkling sugar on scones, muffins, pies, and cookies for dazzling sparkle, sweetness and crunch.

28 oz (1.75 lb)	5230C28	\$7.89
Case 4-28 oz (7.5 lbs)	5230C284	*\$28.19
25 lb (25 lbs)	5230B25	\$77.30



Almond Cookies made with Sparkling Sugar and Brown Sugar



Gluten Free



**Tender biscuits made with
Gluten Free 1-to-1 Baking Flour**

Gluten Free Mixes

GF BISCUIT & BAKING MIX contains GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour and xanthan gum), baking powder (monocalcium phosphate, baking soda, cornstarch), sugar, salt, and baking soda.

24 oz (1.5 lbs)	1334C24	\$4.69
Case 4-24 oz (6.5 lbs)	1334C244	*\$16.79
25 lb (25 lbs)	1334B25	\$48.10

GF BROWNIE MIX contains cane sugar, GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), cocoa powder, sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate) and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

21 oz (1.25 lbs)	1612C21	\$5.49
Case 4-21 oz (5.75 lbs)	1612C214	*\$19.69
25 lb (25 lbs)	1612B25	\$61.60

GF CHOCOLATE CAKE MIX contains sugar, GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), cocoa powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda, sea salt and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

16 oz (1 lb)	1616C16	\$4.39
Case 4-16 oz (4.5 lbs)	1616C164	*\$15.79

GF CHOCOLATE CHIP COOKIE MIX contains GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, brown sugar, sea salt, baking soda and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin)

22 oz (1.5 lbs)	1615C22	\$5.99
Case 4-22 oz (6 lbs)	1615C224	*\$21.49

GF CINNAMON RAISIN BREAD MIX makes a memorable and satisfying loaf loaded with plump raisins and infused with cinnamon. Contains potato starch, whole grain sorghum flour, raisins, tapioca flour, dried molasses (molasses, maltodextrin, silicon dioxide), xanthan gum, guar gum, sea salt, cinnamon and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin). Yeast packet included. Makes one 1½ lb loaf.

22 oz (1.5 lbs)	1604C22	\$6.39
Case 4-22 oz (5.5 lbs)	1604C224	*\$21.89

GF CORNBREAD MIX contains whole grain cornmeal, potato starch, whole grain sorghum flour, cane sugar, whole grain corn flour, tapioca flour, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), sea salt and xanthan gum.

20 oz (1.25 lbs)	1609C20	\$3.49
Case 4-20 oz (5 lbs)	1609C204	*\$12.49
25 lb (25 lbs)	1609B25	\$34.80



GF HEARTY WHOLE GRAIN BREAD MIX is moist, delicious and bursting with whole grains and seeds. Contains whole grain buckwheat flour, garbanzo bean flour, potato starch, cornstarch, sunflower seeds, sesame seeds, whole grain sorghum flour, tapioca flour, cocoa powder, cane sugar, fava bean flour, dried molasses (molasses, maltodextrin, silicon dioxide), xanthan gum, caraway seeds, sea salt, whole grain teff, potato flour, onion powder, guar gum and soy lecithin. Yeast packet included. Makes one 1½ lb. loaf.

20 oz (1.25 lbs)	1603C20	\$6.09
Case 4-20 oz (5 lbs)	1603C204	*\$21.89
25 lb (25 lbs)	1603B25	\$66.90



GF HOMEMADE WONDERFUL BREAD MIX contains whole grain sorghum flour, potato starch, cornstarch, pea protein powder, tapioca flour, sugar, xanthan gum, sea salt, and guar gum. Active dry yeast packet included. Makes one 1½ lb. loaf.

16 oz (1 lb)	1602C16	\$5.19
Case 4-16 oz (4.5 lbs)	1602C164	*\$18.69
25 lb (25 lbs)	1602B25	\$52.80



GF MUFFIN MIX is an instant favorite! It contains our GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), sea salt and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

16 oz (1.5 lbs)	1608C16	\$4.29
Case 4-16 oz (4.5 lbs)	1608C164	*\$16.89
25 lb (25 lbs)	1608B25	\$72.40



GF PANCAKE MIX contains GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), sugar, baking powder (monocalcium phosphate, baking soda, cornstarch) and salt.

22 oz (1.5 lbs)	1610C22	\$4.79
Case 4-22 oz (6.5 lbs)	1610C224	*\$17.19
25 lb (25 lbs)	1610B25	\$51.50



GF PIE CRUST MIX makes two flaky 9", single-crust pies or one double-crust pie. Contains rice flour, potato starch, tapioca flour, sugar, rice bran, sea salt, and xanthan gum.

16 oz (1 lb)	1994C16	\$4.39
Case 4-16 oz (4.5 lbs)	1994C164	*\$15.79
25 lb (25 lbs)	1994B25	\$48.10



GF PIZZA CRUST MIX makes two 12" light, crispy and delicious pizza crusts. Contains whole grain brown rice flour, potato starch, whole grain millet flour, whole grain sorghum flour, tapioca flour, potato flour, cane sugar, xanthan gum, sea salt and guar gum. Yeast packet included.

16 oz (1 lb)	1995C16	\$4.39
Case 4-16 oz (4.5 lbs)	1995C164	*\$15.79
25 lb (25 lbs)	1995B25	\$52.10



GF SHORTBREAD COOKIE MIX makes light and delicate shortbread cookies. Easy to prepare, it contains potato starch, sugar, whole grain sorghum flour, cornstarch, tapioca starch, sea salt, xanthan gum and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

21 oz (1.5 lbs)	1613C21	\$4.09
Case 4-21 oz (5.75 lbs)	1613C214	*\$14.69



GF VANILLA YELLOW CAKE MIX creates the lightest, fluffiest versatile gluten free cake. It contains sugar, potato starch, tapioca flour, whole grain sorghum flour, baking powder (monocalcium phosphate, baking soda, cornstarch), sea salt, xanthan gum, and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

19 oz (1.25 lbs)	1614C19	\$4.09
Case 4-19 oz (5 lbs)	1614C194	*\$14.69
25 lb (25 lbs)	1614B25	\$50.60

Gluten Free Flours & Meals



GF 1-TO-1 BAKING FLOUR is an extraordinary blend of sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour and xanthan gum.

22 oz (1.5 lbs)	1601C22	\$4.95
Case 4-22 oz (5.5 lbs)	1601C224	*\$17.69
44 oz (2.75 lbs)	1601C44	\$9.45
Case 4-44 oz (11.5 lbs)	1601C444	*\$33.89
5 lb (5 lbs)	1601C05	\$16.39
Case 4-5 lbs (21 lbs)	1601C054	*\$58.99
25 lb (25 lbs)	1601B25	\$60.50



GF ALL-PURPOSE BAKING FLOUR contains garbanzo bean flour, potato starch, tapioca flour, white sorghum flour and fava bean flour. Ask for our wonderful recipe brochure with your order.

22 oz (1.5 lbs)	1600C22	\$4.59
Case 4-22 oz (6 lbs)	1600C224	*\$16.49
44 oz (2.75 lbs)	1600C44	\$8.09
Case 4-44 oz (11.5 lbs)	1600C444	*\$29.09
25 lb (25 lbs)	1600B25	\$49.10



SUPER-FINE ALMOND FLOUR is simply blanched whole almonds finely ground.

16 oz (1 lb)	4999C16	\$14.39
Case 4-16 oz (4.5 lbs)	4999C164	*\$51.79
40 oz (2.5 lbs)	4999C40	\$33.79
Case 4-40 oz (10.5 lbs)	4999C404	*\$121.59
25 lb (25 lbs)	4999B25	\$225.00



SUPER-FINE NATURAL ALMOND FLOUR is finely ground from whole almonds with the skin intact.

16 oz (1 lb)	4998C16	\$14.39
Case 4-16 oz (4.5 lbs)	4998C164	*\$51.79
25 lb (25 lbs)	4998B25	\$225.00



ORGANIC AMARANTH FLOUR is stone-ground from whole grain amaranth.

22 oz (1.5 lbs) Org.	6001C22	\$8.19
Case 4-22 oz (6 lbs) Org.	6001C24	*\$29.39
25 lbs (25 lbs) Org.	6001B25	\$79.80



BLACK BEAN FLOUR is stone-ground from rich, hearty black beans.

24 oz (1.5 lbs)	1660C24	\$4.59
Case 4-24 oz (6.5 lbs)	1660C244	*\$16.49



GF CORNMEAL is stone-ground from whole yellow corn. It contains all of the bran, germ and endosperm.

24 oz (1.5 lbs)	1620C24	\$3.69
Case 4-24 oz (6.5 lbs)	1620C244	*\$13.19
25 lbs (25 lbs)	1620B25	\$25.30



ORGANIC COCONUT FLOUR is ground from dried, defatted coconut.

16 oz (1 lb) Org.	6135C16	\$4.99
Case 4-16 oz (4.5 lbs) Org.	6135C164	*\$17.99
25 lb (25 lbs) Org.	6135B25	\$74.00



GF CORN FLOUR is made from finely stone-ground yellow corn kernels.

24 oz (1.5 lbs)	1617C24	\$3.69
Case 4-24 oz (6.5 lbs)	*1617C244	*\$13.19
25 lbs (25 lbs)	1617B25	\$21.50



GF MASA HARINA CORN FLOUR is used to make traditional corn tortillas.

24 oz (1.5 lbs)	1622C24	\$3.89
Case 4-24 oz (6.5 lbs)	1622C244	*\$13.99
25 lbs (25 lbs)	1622B25	\$31.50



FAVA BEAN FLOUR is finely stone-ground from rich and creamy fava beans after the tough outer spines have been removed.

24 oz (1.5 lbs)	1659C24	\$13.59
Case 4-24 oz (6.5 lbs)	1659C244	*\$48.89
25 lb (25 lbs)	1659B25	\$114.70



FLAXSEED MEAL is made from freshly cold-milled flaxseeds.

16 oz (1 lb)	1235C16	\$3.39
Case 4-16 oz (4.5 lbs)	1235C164	*\$12.19
32 oz (2 lbs)	1235C32	\$5.59
Case 4-32 oz (8.5 lbs)	1235C324	*\$20.09
25 lb (25 lbs)	1235B25	\$46.40
16 oz (1 lb) Org.	6032C16	\$4.49
Case 4-16 oz (4.5 lbs) Org.	6032C164	*\$16.09
32 oz (2 lbs) Org.	6032C32	\$8.09
Case 4-32 oz (8.5 lbs) Org.	6032C324	*\$29.09
25 lb (25 lbs) Org.	6032B25	\$64.80



GOLDEN FLAXSEED MEAL is made from freshly cold-milled golden flaxseeds.

16 oz (1 lb)	1236C16	\$3.99
Case 4-16 oz (4.5 lbs)	1236C164	*\$14.29
25 lb (25 lbs)	1236B25	\$53.70
16 oz (1 lb) Org.	6035C16	\$5.09
Case 4-16 oz (4.5 lbs) Org.	6035C164	*\$18.29
32 oz (2 lbs) Org.	6035C32	\$8.29
Case 4-32 oz (8.5 lbs) Org.	6035C324	*\$29.69
25 lb (25 lbs) Org.	6035B25	\$75.90



GARBANZO & FAVA BEAN FLOUR can be used in place of rice flour in any of your favorite recipes for an added boost of protein.

22 oz (1.5 lbs)	1605C22	\$5.99
Case 4-22 oz (6 lbs)	1605C224	*\$21.49
25 lbs (25 lbs)	1605B25	\$64.10



GARBANZO BEAN FLOUR is 100% stone-ground from rich, hearty, whole garbanzo beans.

16 oz (1 lb)	1260C16	\$2.69
Case 4-16 oz (4.5 lbs)	1260C164	*\$9.69
25 lb (25 lbs)	1260B25	\$34.00



HAZELNUT FLOUR is made from ground whole Oregon hazelnuts.

14 oz (1 lb)	1811C14	\$16.99
Case 4-14 oz (4 lbs)	1811C144	*\$60.99
25 lb (25 lbs)	1811B25	\$298.50



MILLET FLOUR is stone-ground, whole grain millet.

23 oz (1.5 lbs)	1296C23	\$3.19
Case 4-23 oz (6.25 lbs)	1296C234	*\$11.39
25 lb (25 lbs)	1296B25	\$32.30



GF OAT FLOUR is milled from pure oats, carefully sourced and R5 ELISA tested to ensure our gluten free promise.

22 oz (1.25 lbs)	1984C22	\$6.19
Case 4-22 oz (6.5 lbs)	1984C224	*\$22.29
25 lb (25 lbs)	1984B25	\$48.30



GF PALEO BAKING FLOUR is made with just 4 simple ingredients: almond flour, arrowroot starch, organic coconut flour, tapioca flour.

16 oz (1 lb)	1951C16	\$13.99
Case 4-16 oz (4 lbs)	1951C164	*\$50.29
32 oz (2 lbs)	1951C32	\$25.99
Case 4-32 oz (8 lbs)	1951C324	*\$93.49
25 lb (25 lbs)	1951B25	\$229.00



POTATO FLOUR is ground from whole peeled and trimmed potatoes.

24 oz (1.5 lbs)	1445C24	\$6.29
Case 4-24 oz (6.5 lbs)	1445C244	*\$22.59
25 lb (25 lbs)	1445B25	\$60.10



ORGANIC QUINOA FLOUR (pronounced keen-wa) is stone-ground from whole grain quinoa.

22 oz (1.5 lbs) Org.	1448C22	\$15.99
Case 4-22 oz (6 lbs) Org.	1448C224	*\$57.49
25 lb (25 lbs) Org.	1448B25	\$198.60



GF **BROWN RICE FLOUR** is 100% stone-ground from the highest quality whole grain brown rice and has a mild, nutty flavor.

24 oz (1.5 lbs)	1460C24	\$3.59
Case 4-24 oz (6.5 lbs)	1460C244	*\$12.89
48 oz (3 lbs)	1460C48	\$5.09
Case 4-48 oz (12.5 lbs)	1460C484	*\$18.29
25 lb (25 lbs)	1460B25	\$33.00
24 oz (1.5 lbs) Org	6072C24	\$5.39
Case 4-24 oz (6.5 lbs) Org	6072C244	*\$19.39
25 lb (25 lbs) Org	6072B25	\$55.50

GF **WHITE RICE FLOUR** is freshly and finely ground from premium white rice. Great for gluten free baked goods.

24 oz (1.5 lbs)	1461C24	\$3.09
Case 4-24 oz (6.5 lbs)	1461C244	*\$11.09
48 oz (3 lbs)	1461C48	\$4.89
Case 4-48 oz (12.5 lbs)	1461C484	*\$17.59
25 lb (25 lbs)	1461B25	\$29.10
24 oz (1.5 lbs) Org	6063C24	\$5.29
Case 4-24 oz (6.5 lbs) Org	6063C244	*\$18.99
25 lb (25 lbs) Org	6063B25	\$53.90

GF **SWEET WHITE RICE FLOUR** is stone-ground from high-starch, short-grain rice.

24 oz (1.5 lbs)	5038C24	\$4.19
Case 4-24 oz (6.5 lbs)	5038C244	*\$15.09
25 lb (25 lbs)	5038B25	\$49.30

GF **SORGHUM FLOUR** is made from whole grain sorghum, America's third leading cereal crop. It is a powerhouse of nutrition and adds a superb flavor to gluten free baking.

22 oz (1.5 lbs)	2530C22	\$3.89
Case 4-22 oz (6 lbs)	2530C224	*\$13.99
25 lb (25 lbs)	2530B25	\$30.90

GF **TAPIOCA FLOUR** is a grain-free flour derived from cassava root. It is a starchy, slightly sweet flour that is especially good for thickening soups, sauces, and pie fillings.

20 oz (1.25 lbs)	1532C20	\$3.89
Case 4-20 oz (5.5 lbs)	1532C204	*\$13.99
25 lb (25 lbs)	1532B25	\$36.90

GF **TEFF FLOUR** is stone-ground whole grain teff.

24 oz (1.5 lbs)	1534C24	\$7.29
Case 4-24 oz (6.5 lbs)	1534C244	*\$26.19
25 lb (25 lbs)	1534B25	\$84.70

GF **WHITE BEAN FLOUR** is made from stone-ground, premium quality small white beans.

24 oz (1.5 lbs)	1664C24	\$4.29
Case 4-24 oz (6.5 lbs)	1664C244	*\$15.39
25 lb (25 lbs)	1664B25	\$54.20

Gluten Free Cereals

GF **GF 8 GRAIN HOT CEREAL** is made from ground whole grain oats, corn, brown rice, soy beans, oat bran, millet, sorghum, sunflower seeds, and flaxseed.

27 oz (1.75 lbs)	1190C27	\$3.99
Case 4-27 oz (7.25 lbs)	1190C274	*\$14.29
54 oz (3.5 lbs)	1190C54	\$6.39
Case 4-54 oz (14 lbs)	1190C544	*\$22.99
25 lb (25 lbs)	1190B25	\$38.80

GF **GF CORN GRITS/POLENTA** make a rich and delicious porridge for breakfast, lunch or dinner.

24 oz. (1.5 lbs)	1618C24	\$3.69
Case 4-24 oz (6.5 lbs)	1618C244	*\$13.19
25 lbs (25 lbs)	1618B25	\$29.20

GF **ORGANIC CREAMY BUCKWHEAT HOT CEREAL** is freshly milled from our finest organic buckwheat groats.

18 oz (1.25 lbs) Org.	1095C18	\$6.39
Case 4-18 oz (5 lbs) Org.	1095C184	*\$22.99
25 lb (25 lbs) Org.	1095B25	\$82.20

GF **"CREAMY RICE" BROWN RICE FARINA CEREAL** is 100% stone-ground from the highest quality whole grain brown rice and has a mild, nutty flavor.

26 oz (1.75 lbs)	1463C26	\$4.49
Case 4-26 oz (7 lbs)	1463C264	*\$16.09
26 oz (1.75 lbs) Org	6071C26	\$5.59
Case 4-26 oz (7 lbs) Org	6071C264	*\$20.09

GF **GF HONEY OAT GRANOLA** is a high-fiber whole grain cereal made with carefully sourced gluten free oats.

12 oz (.75 lb)	1971C12	\$5.64
Case 4 - 12 oz (3.5 lbs)	1971C124	*\$20.29
25 lb (25 lbs)	1971B25	\$119.70

GF **GF APPLE BLUEBERRY GRANOLA** is made with carefully sourced gluten free oats and is a good source of fiber.

12 oz (.75 lb)	1972C12	\$5.64
Case 4 - 12 oz (3.5 lbs)	1972C124	\$20.29
25 lb (25 lbs)	1972B25	\$119.70

GF **MILLET GRITS/MEAL** is stone-ground whole grain millet.

16 oz (1 lb)	1297C16	\$2.99
Case 4-16 oz (4.5 lbs)	1297C164	*\$10.69
25 lb (25 lbs)	1297B25	\$32.30

GF **GF MIGHTY TASTY HOT CEREAL** is a wonderful gluten free breakfast cereal made from stone-ground, whole grain brown rice, corn, sorghum and buckwheat.

24 oz (1.5 lbs)	1187C24	\$3.69
Case 4-24 oz (6.5 lbs)	1187C244	*\$13.29
25 lb (25 lbs)	1187B25	\$42.30

GF MUESLI A customer favorite! Contains: gluten free rolled oats, raisins, sunflower seeds, dried cranberries (cranberries, sugar, sunflower oil), brown rice crisps (rice flour, rice bran, honey, calcium carbonate), dry roasted soy beans, dried apples, almonds, coconut and pumpkin seeds. Add to yogurt or soak overnight as the Swiss do for a delicious, nutritious meal.

16 oz (1 lb)	1973C16	\$6.29
Case 4-16 oz (4.5 lbs)	1973C164	*\$22.59
25 lb (25 lbs)	1973B25	\$84.60

NEW GF PALEO MUESLI is a grain-free cereal or snack featuring coconut, real berries, nuts, and seeds.

14 oz (1 lb)	1952C14	\$11.69
Case 4-14 oz (4 lbs)	1952C144	*\$41.79

NEW GF TROPICAL MUESLI features three gluten free grains, real dried fruits, nuts, and seeds. This versatile cereal can be eaten hot or cold, as a meal or snack.

14 oz (1 lb)	1975C14	\$7.99
Case 4-14 oz (4 lbs)	1975C144	*\$28.69

GF RICE BRAN is the nutrient-rich outer layer that surrounds the endosperm of whole grain brown rice. It is stabilized by a simple process for freshness.

18 oz (1.25 lbs)	1464C18	\$4.49
Case 4-18 oz (5 lbs)	1464C184	*\$16.09
25 lbs (25 lbs)	1464B25	\$64.80

Gluten Free Baking Essentials

GF ARROWROOT STARCH is a thickener and binding ingredient.

16 oz (1 lbs)	1030C16	\$6.19
Case 4-16 oz (4.5 lbs)	1030C164	*\$22.19
25 lb (25 lbs)	1030B25	\$92.00

GF BAKING POWDER contains sodium phosphate, bicarbonate of soda, cornstarch and calcium phosphate—no aluminum added and no bitter aftertaste.

16 oz (1 lb)	1050C16	\$4.09
Case 4-16 oz (4.5 lbs)	1050C164	*\$14.69
10 lb (10 lbs)	1050B10	\$33.30

GF BAKING SODA is plain bicarbonate of soda, a top-quality leavening agent used for baking.

16 oz (1 lb)	1055C16	\$2.99
Case 4-16 oz (4.5 lbs)	1055C164	*\$10.69
25 lb (25 lbs)	1055B25	\$28.30

GF CORNSTARCH is a dense powder obtained from the endosperm portion of corn and is used as a thickener.

22 oz (1.5 lbs)	1146C22	\$3.19
Case 4-22 oz (6 lbs)	1146C224	*\$11.49
25 lb (25 lbs)	1146B25	\$38.50

NEW GF GLUTEN FREE EGG REPLACER is a proprietary blend made from 4 simple ingredients: potato starch, tapioca flour, baking soda and psyllium husk fiber.

12 oz (.75 lb)	1596C12	\$4.49
Case 8-12 oz (6.5 lbs)	1596C128	*\$31.79

GF GUAR GUM is a white, flour-like substance made from an East Indian seed. Use small amounts as a thickener, binder and volume enhancer.

8 oz (.5 lb)	1598C08	\$10.49
Case 8-8 oz (4.5 lbs)	1598C088	*\$75.49

GF POTATO STARCH can be used to replace cornstarch in most baking recipes. Potato starch tolerates higher temperatures than cornstarch, making it an excellent thickener for sauces, soups and stews.

24 oz (1.5 lbs)	1444C24	\$3.99
Case 4-24 oz (6.5 lbs)	1444C244	*\$14.29
25 lb (25 lbs)	1444B25	\$50.00

GF SOY LECITHIN GRANULES are used in baking to produce a tender texture—especially in whole grain breads.

16 oz (1 lb)	1280C16	\$16.19
Case 4-16 oz (4.5 lbs)	1280C164	*\$57.99

GF XANTHAN GUM is an essential ingredient in gluten-free baking that adds volume and viscosity to bread and other gluten free baked goods. Made from a tiny microorganism called *Xanthomonas campestris*.

8 oz (.5 lb)	1599C08	\$13.09
Case 6-8 oz (3.5 lbs)	1599C086	*\$70.69
5 lb (5 lbs)	1599B25	\$110.99

GF ACTIVE DRY YEAST is kept cool in our warehouse, as it should be at your house, to maintain its freshness and integrity. Our yeast is the same as that used by professional bakers to obtain superior results.

8 oz (.5 lb)	1590C08	\$4.59
Case 8-8 oz (4.5 lbs)	1590C088	*\$32.99

GF NUTRITIONAL YEAST is grown on enriched purified cane and beet molasses and is fortified with vitamin B-12. It is an ideal vegetarian support formula and has an appealing cheese flavor.

8 oz (.5 lb) Large Flake	1594C08	\$8.79
Case 8-8 oz (4.5 lbs)	1594C088	*\$31.59
25 lb (25 lbs) Large Flake	1594B25	\$266.40



Gluten Free Nutritional Boosters

See pg 43

Perfect blend of protein, fiber and probiotics.



Gluten Free Grains

ORGANIC AMARANTH GRAIN is high in dietary fiber and a source of complete protein. Amaranth has an earthy flavor well suited to porridge, polenta and quick breads.

24 oz (1.5 lbs) Org.	6000C24	\$8.09
Case 4-24 oz (6.5 lbs) Org.	6000C244	*\$29.09
25 lb (25 lbs) Org.	6000B25	\$72.20

ORGANIC BUCKWHEAT GROATS are the hulled seeds of the buckwheat plant. These soft white seeds have a mild flavor, but when toasted or roasted they taste delightfully intense.

16 oz (1 lb) Org.	1092C16	\$4.79
Case 4-16 oz (4.5 lbs) Org.	1092C164	*\$17.19
25 lb (25 lbs) Org.	1092B25	\$80.40

GF CORN GRITS/POLENTA are simply coarsely stone-ground bits of whole corn.

24 oz. (1.5 lbs)	1618C24	\$3.69
Case 4-24 oz (6.5 lbs)	1618C244	*\$13.19
25 lbs (25 lbs)	1618B25	\$29.20

POPCORN (yellow or white) pops up big and fluffy. Made from the finest corn available, it's a wholesome, whole grain snack food.

27 oz (1.75 lbs) White	1161C27	\$3.69
Case 4-27 oz (7.25 lbs) Wh	1161C274	*\$13.29
27 oz (1.75 lbs) Yellow	1160C27	\$3.89
Case 4-27 oz (7.25 lbs) Yel	1160C274	*\$13.99
25 lb (25 lbs) Yellow	1160B25	\$41.60

ORGANIC KASHA is roasted and hulled buckwheat kernels. It is a good source of dietary fiber and makes a wonderful hot cereal or a delicious side dish.

18 oz (1.25 lbs) Org.	1094C18	\$7.79
Case 4-18 oz (5 lbs) Org.	1094C184	*\$27.99
25 lbs (25 lbs)	1094B25	\$89.80

HULLED MILLET is an ancient grain from the Far East, first cultivated nearly 10,000 years ago. It's easy to digest and a good source of fiber.

28 oz (1.75 lbs)	1295C28	\$3.09
Case 4-28 oz (7.5 lbs)	1295C284	*\$11.09
25 lb (25 lbs)	1295B25	\$30.60

ORGANIC QUINOA GRAIN is a nutritional powerhouse, a good source of iron and high-quality protein. Our whole grain quinoa has been thoroughly rinsed and air dried to remove the naturally-occurring bitter saponins.

16 oz (1 lb)	1447C16	\$9.89
Case 4- 16 oz (4 lbs)	1447C164	*\$35.49
26 oz (1.5 lbs) Org.	1447C26	\$15.39
Case 4-26 oz (7 lbs) Org.	1447C264	*\$55.09
25 lb (25 lbs) Org.	1447B25	\$187.70

ORGANIC RED QUINOA elevates even the simplest dish. Our red quinoa has been thoroughly rinsed and air dried to remove the naturally-occurring bitter saponins.

16 oz (1 lb) Org.	6040C16	\$9.89
Case 4-16 oz (4 lbs) Org.	6040C164	*\$35.49
25 lb (25 lbs) Org.	6040B25	\$187.70

ORGANIC TRICOLOR QUINOA, with its beautiful color elevates even the simplest dish. Our tricolor quinoa contains red, white and black quinoa and has been thoroughly rinsed and air dried to remove the naturally-occurring bitter saponins.

16 oz (1 lb) Org.	6042C16	\$9.89
Case 4-16 oz (4 lbs) Org.	6042C164	*\$35.49
25 lb (25 lbs) Org.	6042B25	\$187.70

SORGHUM GRAIN is rich in minerals and a good source of fiber. Whole grain sorghum has a chewy texture perfect for pilafs and cold salads.

24 oz. (1.5 lb)	2531C24	\$3.49
Case 4-24 oz (6.5 lbs)	2531C244	*\$12.49
25 lb (25 lbs)	2531B25	\$26.40

TEFF GRAIN is a tiny grain that has been a staple of traditional Ethiopian cooking for thousands of years. Delicious on its own or combined with other grains and vegetables.

24 oz (1.5 lbs)	1533C24	\$6.39
Case 4-24 oz (6.5 lbs)	1533C244	*\$22.99

Gluten Free Seeds

CHIA SEED was revered as a "super food" by ancient Mayans and Aztecs. Chia seed is high in dietary fiber and contains 4710 mg Omega-3 fatty acids per serving.

16 oz (1 lb)	2905C16	\$11.39
Case 4-16 oz (4.25 lbs)	2905C164	*\$40.69
25 lb (25 lbs)	2905B25	\$185.00

GF **FLAXSEED** has a mild, nutty flavor and contains 5790 mg Omega-3 fatty acids per serving.

24 oz. (1.5 lbs)	1230C24	\$3.89
Case 4-24 oz (6.5 lbs)	1230C244	*\$13.99
25 lb. (25 lbs)	1230B25	\$41.90
24 oz. (1.5 lbs) Org.	6031C24	\$4.99
Case 4-24 oz (6.5 lbs) Org.	6031C244	*\$17.89
25 lb. (25 lbs) Org.	6031B25	\$55.50

GF **GOLDEN FLAXSEED** is just as nutritious and tasty as brown flaxseed but with a lighter golden color.

24 oz. (1.5 lbs)	1231C24	\$4.29
Case 4-24 oz (6.5 lbs)	1231C244	*\$15.39
25 lb. (25 lbs)	1231B25	\$45.40
24 oz. (1.5 lbs) Org.	6034C24	\$5.79
Case 4-24 oz (6.5 lbs) Org.	6034C244	*\$20.79
25 lb. (25 lbs) Org.	6034B25	\$67.70

GF **HULLED HEMP SEED** may be one of nature's most perfect foods. Contains Omega-3 and Omega-6 fatty acids, and complete protein.

12 oz (1 lb)	2900C12	\$13.49
Case 4-12 oz (3 lbs)	2900C124	*\$48.49

Gluten Free Oats

— also on pg 31

At last, oats that people with celiac disease or gluten intolerance can enjoy, too! These oats are carefully sourced and R5 ELISA tested to ensure our gluten free promise. Kiln-toasting enhances that wholesome robust flavor you expect. Although a tiny fraction of the gluten free population cannot tolerate even the purest gluten free oats, most will find oats to be a deliciously welcomed addition to their diets. If you're unsure, please consult first with your healthcare advisor.

GF **GF EXTRA THICK ROLLED OATS**

32 oz (2 lbs)	1981C32	\$7.79
Case 4-32oz (8.5 lbs)	1981C324	*\$27.99
25 lb (25lbs)	1981B25	\$48.30
32 oz (2 lbs) GF/Org.	1991C32	\$8.49
Case 4-32 oz (8 lbs) GF/Org.	1991C324	*\$30.49
25 lb (25 lbs) GF/Org.	1991B25	\$66.60

GF **GF OAT BRAN**

18 oz (1.25 lbs)	1985C18	\$3.99
Case 4-18 oz (5 lbs)	1985C184	*\$14.29
25 lb (25lbs)	1985B25	\$48.30

GF **GF OLD FASHIONED ROLLED OATS**

32 oz (2 lbs)	1982C32	\$7.49
Case 4-32 oz (8.5 lbs)	1982C324	*\$26.89
25 lb (25lbs)	1982B25	\$48.30
32 oz (2 lbs) GF/Org.	1992C32	*\$8.49
Case 4-32 oz (8 lbs) GF/Org.	1992C324	*\$30.49
25 lb (25 lbs) GF/Org.	1992B25	\$66.60

GF **GF QUICK COOKING OATS**

32 oz (2 lbs)	1983C32	\$7.49
Case 4-32 oz (8.5 lbs)	1983C324	*\$26.89
25 lb (25lbs)	1983B25	\$48.30
32 oz (2 lbs) GF/Org.	1993C32	*\$8.49
Case 4-32 oz (8 lbs) GF/Org.	1993C324	*\$30.49
25 lb (25 lbs) GF/Org.	1993B25	\$66.60

GF **GF SCOTTISH OATMEAL**

20 oz (1.5 lbs)	1979C20	\$5.49
Case 4-20 oz (5.5 lbs)	1979C204	*\$19.49
25 lb (25lbs)	1979B25	\$48.40

GF **GF STEEL CUT OATS**

24 oz (1.5 lbs)	1980C24	\$6.29
Case 4-24 oz (6.5 lbs)	1980C244	*\$22.59
25 lb (25lbs)	1980B25	\$48.30
24 oz (1.5 lbs) GF/Org.	1990C24	\$7.09
Case 4-24 oz (4 lbs) GF/Org.	1990C244	*\$25.39
25 lb (25 lbs) GF/Org.	1990B25	\$66.60

GF OATMEAL SINGLE SERVING CUPS

APPLE CINNAMON

2.36 oz (0.15 lbs)	1366C01	\$2.49
12 Pack Case (2.5 lbs)	1366C0112	\$26.99

BLUEBERRY HAZELNUT

2.5 oz (0.16 lbs)	1367C01	\$2.49
12 Pack Case (2.5 lbs)	1367C0112	\$26.99

CLASSIC

1.81 oz (0.12 lbs)	1368C01	\$2.49
12 Pack Case (2.5 lbs)	1368C0112	\$26.99

MAPLE BROWN SUGAR

2.15 oz (0.13 lbs)	1369C01	\$2.49
12 Pack Case (2.5 lbs)	1369C0112	\$26.99





Mixes



Fluffy pancakes made with Buttermilk Pancake & Waffle Mix

Bread Mixes

10 GRAIN BREAD MIX can be made in bread machines or by hand. Contains: unbleached white flour, 7 grain cereal, whole wheat flour, rolled oats, cane sugar, gluten flour, non-fat dry milk, dark rye flour, brown rice flour, corn flour, millet flour, oat flour, barley flour, white bean flour, triticale flour, corn grits, millet grits, sea salt, active dry yeast, and soy lecithin. Makes one 1½ lb. loaf.

19 oz (1.25 lbs)	1681C19	\$3.19
Case 4-19 oz (5.25 lbs)	1681C194	*\$11.49

100% WHOLE WHEAT BREAD MIX is for bread machines or by hand. Contains: stone-ground whole wheat flour, flaxseeds, sunflower seeds, sea salt, honey, molasses and a packet of active dry yeast. Makes one 1½ lb. loaf.

19 oz (1.25 lbs)	1674C19	\$3.09
Case 4-19 oz (5.25 lbs)	1674C194	*\$11.09

IRISH SODA BREAD MIX is easily made by hand, not in a bread machine. Contains unbleached white flour, malted barley flour, whole wheat farina, cane sugar, buttermilk powder, wheat germ, wheat bran, baking powder, baking soda and sea salt. Makes an 8" round loaf.

24 oz (1.5 lbs)	1678C24	\$3.19
Case 4-24 oz (6.5 lbs)	1678C244	*\$11.49

LOW-CARB BREAD MIX is for bread machines or by hand. Contains vital wheat gluten, whole grain oat flour, oat bran, oat fiber, flaxseed meal, whole grain rye flour, wheat bran, yeast, soy flour, sea salt, cane sugar. Makes one 2 lb. loaf.

16 oz (1 lb)	1863C16	\$5.29
Case 4-16 oz (4.5 lbs)	1863C164	*\$18.99

POTATO BREAD MIX is developed for bread machines or to be made by hand. Our answer to white bread contains unbleached white flour, malted barley flour, buttermilk powder, cane sugar, potato flakes, gluten flour, active dry yeast, and sea salt. The mix makes one moist, well-textured 1½ lb. loaf.

16 oz (1 lb)	1679C16	\$3.19
Case 4-16 oz (4.5 lbs)	1679C164	*\$11.49

RYE BREAD MIX can be made in bread machines or by hand. Contains unbleached white flour, malted barley flour, dark rye flour, whole wheat flour, light rye flour, rye meal, cane sugar, gluten flour, non-fat dry milk, active dry yeast, sea salt, caraway seeds, ground caraway, and soy lecithin. Makes one 1½ lb. loaf.

17 oz (1.25 lbs)	1680C17	\$3.19
Case 4-17 oz (4.75 lbs)	1680C174	*\$11.49

Baking Mixes

BUTTERMILK BISCUIT MIX contains freshly milled stone-ground whole wheat flour, unbleached white pastry flour, oat flour, brown rice flour, buttermilk powder, sweet dairy whey, baking powder and sea salt.

26 oz (1.75 lbs)	1335C26	\$3.49
Case 4-26 oz (7 lbs)	1335C264	*\$12.49

LOW-CARB BAKING MIX is easy to use for making delicious pancakes, muffins, quick breads and more. Made with high fiber oat bran, wheat bran, soy flour, and flaxseed meal.

16 oz (1.5 lbs)	1862C16	\$5.29
Case 4-16 oz (4.5 lbs)	1862C164	*\$18.99

CORNBREAD & CORNMEAL MUFFIN MIX contains stone-ground cornmeal, stone-ground whole wheat pastry flour, cane sugar, sweet cream buttermilk powder, sea salt, baking powder and baking soda.

24 oz (1.5 lbs) 1325C24 \$3.39
Case 4-24 oz (6.5 lbs) 1325C244 *\$12.19

OAT BRAN & DATE NUT MUFFIN MIX contains stone-ground whole wheat pastry flour, oat bran, rolled oats, non-fat dry milk, baking powder, dates and walnuts.

24 oz (1.5 lbs) 1327C24 \$4.19
Case 4-24 oz (6.5 lbs) 1327C244 *\$15.09

SCOTTISH OATMEAL SCONE MIX contains the finest whole wheat pastry flour, unbleached white flour, malted barley flour, currants, cane sugar, Scottish oatmeal, rolled oats, sweet dairy whey, buttermilk powder, baking powder, cinnamon, sea salt, nutmeg, baking soda.

20 oz (1.25 lbs) 1305C20 \$4.69
Case 4-20 oz (5.5 lbs) 1305C204 *\$16.79

Pancake & Waffle Mixes

ORGANIC 7 GRAIN PANCAKE & WAFFLE MIX

is full of only the finest ingredients — organic multigrain flour blend (organic whole wheat pastry flour, organic whole grain rye flour, organic whole grain spelt flour, organic whole grain corn flour, organic whole grain oat flour, organic whole grain Kamut[®] Khorasan Wheat flour, organic flaxseed meal, organic whole grain quinoa flour, organic whole grain brown rice flour), organic vital wheat gluten, organic cane sugar, baking powder, salt.

26 oz (1.75 lbs) Org. 6172C26 \$4.69
Case 4-26 oz (7 lbs) Org. 6172C264 *\$16.89
USDA ORGANIC 25 lb (25 lbs) Org. 6172B25 \$49.10

10 GRAIN PANCAKE & WAFFLE MIX contains whole wheat flour, buttermilk powder, baking powder, whole grain corn flour, rye flour, triticale flour, oat flour, rolled oats, soy flour, millet flour, barley flour, brown rice flour, sea salt, flaxseed meal, baking soda.

26 oz (1.75 lbs) 1415C26 \$3.69
Case 4-26 oz (7 lbs) 1415C264 *\$13.19
25 lb (25 lbs) 1415B25 \$45.40

BUCKWHEAT PANCAKE & WAFFLE MIX is full of only the finest ingredients—organic stone-ground whole grain buckwheat flour, organic stone-ground whole wheat pastry flour, wheat gluten, organic cane sugar, baking powder, sea salt. MADE WITH ORGANIC FLOURS

26 oz (1.75 lbs) 6171C26 \$4.69
Case 4-26 oz (7 lbs) 6171C264 *\$16.89
USDA ORGANIC

BUTTERMILK PANCAKE & WAFFLE MIX contains organic stone-ground whole wheat pastry flour, buttermilk powder, wheat gluten, cane sugar, baking powder, sea salt. MADE WITH ORGANIC FLOURS

26 oz (1.75 lbs) 6170C26 \$4.69
Case 4-26 oz (7 lbs) 6170C264 *\$16.89
USDA ORGANIC 25 lb (25 lbs) 6170B25 \$49.10

ORGANIC CORNMEAL PANCAKE & WAFFLE MIX

is full of only the finest ingredients — organic stone-ground whole wheat pastry flour, organic whole grain cornmeal, organic wheat gluten, organic cane sugar, baking powder, salt.

USDA ORGANIC 26 oz (1.75 lbs) Org. 6174C26 \$4.69
Case 4-26 oz (7 lbs) Org. 6174C264 *\$16.89

ORGANIC HIGH FIBER PANCAKE MIX contains organic stone-ground whole wheat pastry flour, organic Scottish oatmeal, organic wheat gluten, organic cane sugar, organic flaxseed meal, baking powder, salt, organic oat bran, organic wheat germ.

26 oz (1.75 lbs) Org. 6173C26 \$4.69
Case 4-26 oz (7 lbs) Org. 6173C264 *\$16.89
USDA ORGANIC 25 lb (25 lbs) Org. 6173B25 \$49.10

Gluten Free Mixes

GF BISCUIT & BAKING MIX contains GF flour blend (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour and xanthan gum), baking powder (monocalcium phosphate, baking soda, cornstarch), sugar, salt, and baking soda.

24 oz (1.5 lbs) 1334C24 \$4.69
Case 4-24 oz (6.5 lbs) 1334C244 *\$16.79
25 lb (25 lbs) 1334B25 \$48.10

GF BROWNIE MIX contains cane sugar, GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), cocoa powder, sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate) and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

21 oz (1.25 lbs) 1612C21 \$5.49
Case 4-21 oz (5.75 lbs) 1612C214 *\$19.69
25 lb (25 lbs) 1612B25 \$61.60

GF CHOCOLATE CAKE MIX contains sugar, GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), cocoa powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda, sea salt and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

16 oz (1 lb) 1616C16 \$4.39
Case 4-16 oz (4.5 lbs) 1616C164 *\$15.79

“I recently purchased your Buttermilk Pancake & Waffle Mix. Absolutely delightful!”

~ Morgan (from Wisconsin)

GF CHOCOLATE CHIP COOKIE MIX has a new, improved recipe and look! It contains GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, brown sugar, sea salt, baking soda and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin)

22 oz (1.5 lbs) 1615C22 \$5.99
Case 4-22 oz (6 lbs) 1615C224 *\$21.49

GF CINNAMON RAISIN BREAD MIX makes a memorable and satisfying loaf loaded with plump raisins and infused with cinnamon. Contains potato starch, whole grain sorghum flour, raisins, tapioca flour, dried molasses (molasses, maltodextrin, silicon dioxide), xanthan gum, guar gum, sea salt, cinnamon and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin). Yeast packet included. Makes one 1½ lb loaf.

22 oz (1.5 lbs) 1604C22 \$6.39
Case 4-22 oz (5.5 lbs) 1604C224 *\$21.89

GF CORNBREAD MIX contains whole grain cornmeal, potato starch, whole grain sorghum flour, cane sugar, whole grain corn flour, tapioca flour, baking powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), sea salt and xanthan gum.

20 oz (1.25 lbs) 1609C20 \$3.49
Case 4-20 oz (5 lbs) 1609C204 *\$12.49
25 lb (25 lbs) 1609B25 \$34.80

GF HEARTY WHOLE GRAIN BREAD MIX is moist, delicious and bursting with whole grains and seeds. Contains whole grain buckwheat flour, garbanzo bean flour, potato starch, cornstarch, sunflower seeds, sesame seeds, whole grain sorghum flour, tapioca flour, cocoa powder, cane sugar, fava bean flour, dried molasses (molasses, maltodextrin, silicon dioxide), xanthan gum, caraway seeds, sea salt, whole grain teff, potato flour, onion powder, guar gum and soy lecithin. Yeast packet included. Makes one 1½ lb. loaf.

20 oz (1.25 lbs) 1603C20 \$6.09
Case 4-20 oz (5 lbs) 1603C204 *\$21.89
25 lb (25 lbs) 1603B25 \$66.90

GF HOMEMADE WONDERFUL BREAD MIX contains whole grain sorghum flour, potato starch, cornstarch, pea protein powder, tapioca flour, sugar, xanthan gum, sea salt, and guar gum. Active dry yeast packet included. Makes one 1½ lb. loaf.

16 oz (1 lb) 1602C16 \$5.19
Case 4-16 oz (4.5 lbs) 1602C164 *\$18.69
25 lb (25 lbs) 1602B25 \$52.80

GF MUFFIN MIX is an instant favorite! It contains our GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), sea salt and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

16 oz (1.5 lbs) 1608C16 \$4.29
Case 4-16 oz (4.5 lbs) 1608C164 *\$16.89
25 lb (25 lbs) 1608B25 \$72.40

GF PANCAKE MIX contains GF flour blend (sweet white rice flour, brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), sugar, baking powder (monocalcium phosphate, baking soda, cornstarch) and salt.

22 oz (1.5 lbs) 1610C22 \$4.79
Case 4-22 oz (6.5 lbs) 1610C224 *\$17.19
25 lb (25 lbs) 1610B25 *\$51.50

GF PIE CRUST MIX makes two flaky 9", single-crust pies or one double-crust pie. Contains rice flour, potato starch, tapioca flour, sugar, rice bran, sea salt, and xanthan gum.

16 oz (1 lb) 1994C16 \$4.39
Case 4-16 oz (4.5 lbs) 1994C164 *\$15.79
25 lb (25 lbs) 1994B25 \$48.10

GF PIZZA CRUST MIX makes two 12" light, crispy and delicious pizza crusts. Contains whole grain brown rice flour, potato starch, whole grain millet flour, whole grain sorghum flour, tapioca flour, potato flour, cane sugar, xanthan gum, sea salt and guar gum. Yeast packet included.

16 oz (1 lb) 1995C16 \$4.39
Case 4-16 oz (4.5 lbs) 1995C164 *\$15.79
25 lb (25 lbs) 1995B25 \$52.10

GF SHORTBREAD COOKIE MIX makes light and delicate shortbread cookies. Easy to prepare, it contains potato starch, sugar, whole grain sorghum flour, cornstarch, tapioca starch, sea salt, xanthan gum and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

21 oz (1.5 lbs) 1613C21 \$4.09
Case 4-21 oz (5.75 lbs) 1613C214 *\$14.69

GF VANILLA YELLOW CAKE MIX creates the lightest, fluffiest versatile gluten free cake. It contains sugar, potato starch, tapioca flour, whole grain sorghum flour, baking powder (monocalcium phosphate, baking soda, cornstarch), sea salt, xanthan gum, and natural vanilla flavor powder (sugar, cornstarch, vanilla oleoresin).

19 oz (1.25 lbs) 1614C19 \$4.09
Case 4-19 oz (5 lbs) 1614C194 *\$14.69
25 lb (25 lbs) 1614B25 \$50.60

“I made your GF Chocolate Cake Mix last night and want to say you guys got this right. This cake is amazing.”

~ Amy (from Texas)



Cereals



Breakfast Parfait made with Fruit & Seed Muesli

5 GRAIN ROLLED CEREAL is made from rolled whole grain wheat, rye, oats, barley, triticale and flaxseed.

16 oz (1 lb)	1180C16	\$2.49
Case 4-16 oz (4.5 lbs)	1180C164	*\$8.89
36 oz (2.5 lbs)	1180C36	\$3.89
Case 4-36 oz (9.5 lbs)	1180C364	*\$13.99
25 lb (25 lbs)	1180B25	\$30.10

6 GRAIN ORGANIC RIGHT STUFF CEREAL is made from freshly ground, whole grain wheat, rye, corn, spelt, oats, Kamut® Khorasan wheat and flaxseed.

24 oz (1.5 lbs) Org.	6021C24	\$3.59
Case 4-24 oz (6.5 lbs) Org.	6021C244	*\$12.89
25 lb (25 lbs) Org.	6021B25	\$38.90

7 GRAIN CEREAL is a blend of freshly milled whole grain hard red wheat, rye, oat bran, triticale, oats, barley, brown rice and flaxseed.

25 oz (1.75 lbs)	1185C25	\$2.89
Case 4-25 oz (6.75 lbs)	1185C254	*\$10.39
50 oz (3.25 lbs)	1185C50	\$4.69
Case 4-50 oz (13 lbs)	1185C504	*\$16.79
25 lb (25 lbs)	1185B25	\$29.30

GF 8 GRAIN HOT CEREAL is made from ground whole grain oats, corn, brown rice, soy beans, oat bran, millet, sorghum, sunflower seeds and flaxseed.

27 oz (1.75 lbs)	1190C27	\$3.99
Case 4-27 oz (7.25 lbs)	1190C274	*\$14.29
54 oz (3.5 lbs)	1190C54	\$6.39
Case 4-54 oz (14 lbs)	1190C544	*\$22.99
25 lb (25 lbs)	1190B25	\$38.80

10 GRAIN CEREAL is made from ground whole grain hard red wheat, rye, triticale, oat bran, oats, corn, barley, soy beans, brown rice, millet and flaxseed.

25 oz (1.75 lbs)	1195C25	\$2.99
Case 4-25 oz (6.75 lbs)	1195C254	*\$10.69
50 oz (3.25 lbs)	1195C50	\$4.69
Case 4-50 oz (13 lbs)	1195C504	*\$16.79
25 lb (25 lbs)	1195B25	\$30.70

APPLE, CINNAMON AND GRAINS CEREAL is a blend of ground whole grain hard red wheat, rye, triticale, oats, barley, brown rice, oat bran, flaxseed, dried apples and cinnamon.

24 oz (1.5 lbs)	1175C24	\$4.19
Case 4-24 oz (6.5 lbs)	1175C244	*\$15.09
25 lb (25 lbs)	1175B25	\$42.10

ROLLED BARLEY FLAKES are made simply from whole grain barley.

16 oz (1.25 lbs)	1074C16	\$2.89
Case 4-16 oz (4.5 lbs)	1074C164	*\$10.39
25 lb (25 lbs)	1074B25	\$27.80

GF "CREAMY RICE" BROWN RICE FARINA CEREAL is freshly milled from the finest whole grain brown rice.

26 oz (1.75 lbs)	1463C26	\$4.49
Case 4-26 oz (7 lbs)	1463C264	*\$16.09
26 oz (1.75 lbs) Org.	6071C26	\$5.59
Case 4-26 oz (7 lbs) Org.	6071C264	*\$20.09



ORGANIC CREAMY BUCKWHEAT HOT

CEREAL is freshly milled from our finest organic buckwheat groats.

18 oz (1.25 lbs) Org.	1095C18	\$6.39
Case 4-18 oz (5 lbs) Org.	1095C184	*\$22.99
25 lb (25 lbs) Org.	1095B25	\$82.20

CORN GRITS/POLENTA

are simply coarsely stone-ground bits of whole corn.

24 oz (1.5 lbs)	1145C24	\$2.59
Case 4-24 oz (6.5 lbs)	1145C244	*\$9.29
25 lb (25 lbs)	1145B25	\$27.80
24 oz (1.5 lbs) Org.	6009C24	\$3.59
Case 4-24 oz (6.5 lbs) Org.	6009C244	*\$12.89
25 lb (25 lbs) Org.	6009B25	\$43.30



GF CORN GRITS/POLENTA are simply coarsely stone-ground bits of corn.

24 oz. (1.5 lbs)	1618C24	\$3.69
Case 4-24 oz (6.5 lbs)	1618C244	*\$13.19
25 lbs (25 lbs)	1618B25	\$29.20

WHITE CORN GRITS

are simply coarsely ground bits of white corn.

24 oz (1.5 lbs)	1149C24	\$3.39
Case 4-24 oz (6.5 lbs)	1149C244	*\$12.19
25 lb (25 lbs)	1149B25	\$30.10

CRACKED WHEAT

is the finest hard red whole wheat that has been cut into a few pieces.

24 oz (1.5 lbs)	1210C24	\$2.39
Case 4-24 oz (6.5 lbs)	1210C244	*\$8.59
25 lb (25 lbs)	1210B25	\$21.00



24 oz (1.5 lbs) Org.	6093C24	\$3.19
Case 4-24 oz (6.5 lbs) Org.	6093C244	*\$11.49

ORGANIC HIGH FIBER CEREAL

is made from a carefully balanced blend of oatmeal, flaxseed, wheat germ, high fiber oat bran and wheat bran.

16 oz (1 lbs) Org.	6122C16	\$3.69
Case 4-16 oz (4.5 lbs) Org.	6122C164	*\$13.29
25 lb (25 lbs) Org.	6122B25	\$44.40

ORGANIC KAMUT® CEREAL

is ground from plump hard amber spring Kamut® Khorasan wheat to perfect cereal granulation.

24 oz (1.5 lbs) Org.	1752C24	\$4.39
Case 4-24 oz (6.5 lbs) Org.	1752C244	*\$15.79



MILLET GRITS/MEAL is stone-ground whole grain millet.

16 oz (1 lb)	1297C16	\$2.99
Case 4-16 oz (4.5 lbs)	1297C164	*\$10.69
25 lb (25 lbs)	1297B25	\$32.30



MIGHTY TASTY HOT CEREAL is a cereal made from whole grain brown rice, corn, buckwheat and sorghum.

24 oz (1.5 lbs)	1187C24	\$3.69
Case 4-24 oz (6.5 lbs)	1187C244	*\$13.29
25 lb (25 lbs)	1187B25	\$42.30

MUESLI—OLD COUNTRY STYLE

is a traditional blend of rolled oats, wheat, rye, triticale, barley, almonds, date crumbles, raisins, seeds and nuts.

18 oz (1.25 lbs)	1183C18	\$4.69
Case 4-18 oz (5 lbs)	1183C184	*\$16.79
40 oz (2.5 lbs)	1183C40	\$9.09
Case 4-40 oz (10 lbs)	1183C184	*\$32.69
25 lb (25 lbs)	1183B25	\$69.80



GF MUESLI is a tasty blend of gluten free rolled oats, raisins, sunflowers seeds, dried cranberries, dried apples, brown rice crisps, dry roasted soy beans, almonds, coconut and pumpkin seeds.

16 oz (1 lb)	1973C16	\$6.29
Case 4-16 oz (4.5 lbs)	1973C164	*\$22.59
25 lb (25 lbs)	1973B25	\$84.60



FRUIT & SEED MUESLI is chock-full of fruits, nuts, and seeds. It's a perfectly simple cereal that can be enjoyed hot, cold, or straight out of the bag.

14 oz (1 lb)	1184C14	\$5.99
Case 4-14 oz (4 lbs)	1184C144	*\$21.49



PALEO MUESLI is a grain-free cereal or snack featuring coconut, real berries, nuts, and seeds.

14 oz (1 lb)	1952C14	\$11.69
Case 4-14 oz (4 lbs)	1952C144	*\$41.79



TROPICAL MUESLI features three gluten free grains, real dried fruits, nuts, and seeds. This versatile cereal can be eaten hot or cold, as a meal or snack.

14 oz (1 lb)	1975C14	\$7.99
Case 4-14 oz (4 lbs)	1975C144	*\$28.69



RICE BRAN is the nutrient-rich outer layer that surrounds the endosperm of whole grain brown rice. It is stabilized by a simple process for freshness.

18 oz (1.25 lbs)	1464C18	\$4.49
Case 4-18 oz (5 lbs)	1464C184	*\$16.09
25 lbs (25 lbs)	1464B25	\$64.80

CREAMY RYE FLAKES

are a pleasant hot cereal made from hearty, whole grain rye that has been gently softened with steam, then rolled into flakes.

16 oz (1 lb)	1485C16	\$2.49
Case 4-16 oz (4.5 lbs)	1485C164	*\$8.89
25 lb (25 lbs)	1485B25	\$38.90

ORGANIC CRACKED RYE is made by slightly cracking the rye berry to create a smooth and satisfying hot, whole grain cereal.



28 oz (1.75 lbs) Org.	5044C28	\$3.29
Case 4-28 oz (7.5 lbs) Org.	5044C284	*\$11.79
25 lb (25 lbs) Org.	5044B25	\$27.80

ROLLED SPELT FLAKES make a delightfully nutty flavored whole grain hot breakfast cereal.

16 oz (1 lb)	3513C16	\$3.89
Case 4-16 oz (4.5 lbs)	3513C164	*\$13.99

ROLLED TRITICALE FLAKES make a uniquely flavored whole grain cereal or can be used for baking in place of other rolled grains.

16 oz (1 lb)	1543C16	\$2.39
Case 4-16 oz (4.5 lbs)	1543C164	*\$8.59

"CREAMY" WHEAT FARINA CEREAL contains wheat with added niacin, iron, thiamine, riboflavin, and folic acid. Our organic creamy wheat farina is not enriched.

24 oz (1.75 lbs)	1225C24	\$3.29
Case 4-24 oz (6.5 lbs)	1225C244	*\$11.79
25 lb (25 lbs)	1225B25	\$31.50
24 oz (1.5 lbs) Org.	6097C24	\$4.69
Case 4-24 oz (6.5 lbs) Org.	6097C244	*\$16.59
25 lb (25 lbs) Org.	6097B25	\$44.40



WHOLE WHEAT FARINA CEREAL is ground from a blend of soft white and high protein, hard red whole grain wheats.

24 oz (1.5 lbs)	1220C24	\$2.39
Case 4-24 oz (6.5 lbs)	1220C244	*\$8.59
24 oz (1.5 lbs) Org.	6094C24	\$3.19
Case 4-24 oz (6.5 lbs) Org.	6094C244	*\$11.49
25 lb (25 lbs) Org.	6094B25	\$27.20



WHEAT BRAN is the outer layer of the wheat kernel and an excellent source of natural dietary fiber.

8 oz (.5 lb)	1580C08	\$1.69
Case 4-8 oz (2lbs)	1580C084	*\$5.99
20 oz (1.25 lbs)	1580C20	\$2.49
Case 4-20 oz (5.5 lbs)	1580C204	*\$8.89
25 lb (25 lbs)	1580B25	\$21.00

WHEAT GERM is the nutritional heart of the wheat berry.

12 oz (.75 oz)	1585C12	\$2.49
Case 4-12 oz (3 lbs)	1585C124	*\$8.89
32 oz (2 lbs)	1585C32	\$3.99
Case 4-32 oz (8.5 lbs)	1585C324	*\$14.29
25 lb (25 lbs)	1585B25	\$30.10



Nourishing bowl of our Old Country Style Muesli

*case price reflects a 10% discount • prices subject to change



Granolas



HONEY OAT GRANOLA contains whole grain rolled oats, crunchy puffed rice, brown sugar, honey and vanilla.

12 oz (.75 lb)	1278C12	\$4.29
Case 4-12 oz. (3.5 lbs)	1278C124	*\$15.39
24 oz (1.5 lbs)	1278C24	\$7.19
Case 4-24 oz (6.5 lbs)	1278C244	*\$25.89
25 lb (25 lbs)	1278B25	\$95.70

GF HONEY OAT GRANOLA is a high-fiber whole grain cereal made with carefully sourced gluten free oats.

12 oz (.75 lb)	1971C12	\$5.64
Case 4 – 12 oz (3.5 lbs)	1971C124	*\$20.29
25 lb (25 lbs)	1971B25	\$119.70

CINNAMON RAISIN GRANOLA contains whole grain rolled oats, crunchy puffed rice, brown sugar, raisins, a touch of molasses and vanilla.

12 oz (.75 lb)	1279C12	\$4.29
Case 4-12 oz. (3.5 lbs)	1279C124	*\$15.39
24 oz (1.5 lbs)	1279C24	\$7.19
Case 4-24 oz (6.5 lbs)	1279C244	*\$25.89
25 lb (25 lbs)	1279B25	\$95.70

CLASSIC GRANOLA contains whole grain rolled oats, crunchy puffed rice, fruit juice concentrate (pineapple syrup, pear concentrate, peach concentrate), cane sugar and vanilla.

12 oz (.75 lb)	1669C12	\$4.29
Case 4-12 oz. (3.5 lbs)	1669C124	*\$15.39
24 oz (1.5 lbs)	1669C24	\$7.19
Case 4-24 oz (6.5 lbs)	1669C244	*\$25.89
25 lb (25 lbs)	1669B25	\$95.70

APPLE BLUEBERRY GRANOLA contains whole grain rolled oats, crunchy puffed rice, fruit juice concentrate (pineapple syrup, pear concentrate, peach concentrate), cane sugar, dried apples and blueberry flavor.

12 oz (.75 lb)	1671C12	\$4.29
Case 4-12 oz. (3.5 lbs)	1671C124	*\$15.39
24 oz (1.5 lbs)	1671C24	\$7.19
Case 4-24 oz (6.5 lbs)	1671C244	*\$25.89
25 lb (25 lbs)	1671B25	\$95.70

GF APPLE BLUEBERRY GRANOLA is made with carefully sourced gluten free oats and is a good source of fiber.

12 oz (.75 lb)	1972C12	\$5.64
Case 4 – 12 oz (3.5 lbs)	1972C124	\$20.29
25 lb (25 lbs)	1972B25	\$119.70

APPLE STRAWBERRY GRANOLA contains whole grain rolled oats, fruit juice concentrate (pineapple syrup, pear concentrate, peach concentrate), cane sugar, dried apples, maltodextrin and strawberry flavor.

12 oz (.75 lb)	1672C12	\$4.29
Case 4-12 oz. (3.5 lbs)	1672C124	*\$15.39
25 lb (25 lbs)	1672B25	\$95.70

APPLE CINNAMON GRANOLA contains whole grain rolled oats, fruit juice concentrate (pineapple syrup, pear concentrate, peach concentrate), cane sugar, dried apples, maltodextrin, cinnamon, apple flavor and cinnamon flavor.

12 oz (.75 lb)	1670C12	\$4.29
Case 4-12 oz. (3.5 lbs)	1670C124	*\$15.39
25 lb (25 lbs)	1670B25	\$95.70

CRUNCHY COCONUT GRANOLA contains oats, brown sugar, canola oil, coconut, sesame seeds and vanilla.

18 oz (1.5 lbs)	1271C18	\$5.49
Case 4-18 oz (5 lbs)	1271C184	*\$19.79
25 lb (25 lbs)	1271B25	\$95.70

HONEY ALMOND GRANOLA contains oats, honey, soy oil, almonds and vanilla.

18 oz (1.5 lbs)	1273C18	\$5.49
Case 4-18 oz (5 lbs)	1273C184	*\$19.79
25 lb (25 lbs)	1273B25	\$95.70

Gift Packages & Bundles

Share the gift of **Whole Grain Foods for Every Meal of the Day**®

Shop for tasty and nutritious gifts.

Please visit BobsRedMill.com to view our gift packages and bundles.



Proud to be an Employee-Owned Company

Just imagine showing up for work one day as a company employee and leaving as an owner. That dream came true for the employees at Bob's Red Mill when, on his 81st birthday, Bob Moore gave his company to the people who built it. Now each employee is imbued with the same passion for health and entrepreneurial spirit that has guided Bob to success.



☞ All of Bob's Red Mill's employee-owners bring a daily joy and passion to their work.

Perfection is the standard when you're an owner. ☞



The employee-owners of Bob's Red Mill. ☞



📍 Bob teaches the craft of stone-grinding whole grains to the next generation millers.

Bob and his dauntless team of engineers gear up to meet the growing demand for whole grains. ☞



Quality Guaranteed from Farm to Pantry

From farm fields to our facility, to kitchens around the world, Bob's Red Mill guarantees the quality and safety of our products every step of the way.

This commitment really shows in our gluten free protocols, which include especially rigorous purity testing and processing products in a dedicated facility.

Quality. Integrity. Safety. Trust. That is the Bob's Red Mill promise.



1

Our commitment to quality begins at the source.



2

The source of gluten free ingredients matters—that's why we work with farmers who understand safe gluten free practices.



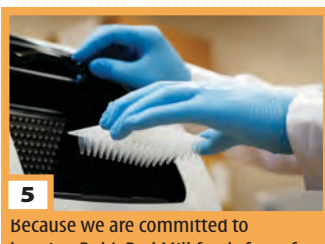
3

Bob accepts nothing but the highest quality ingredients and has put in place industry-leading quality assurance standards.



4

Each arriving shipment is thoroughly inspected, sampled and tested.



5

Because we are committed to keeping Bob's Red Mill foods free of bioengineering, we have installed an extensive GMO testing lab to verify product integrity. We are also enrolled in the Non-GMO Project.



6

Our staff scientists use state-of-the-art, German engineered equipment to test for the presence of GMOs.



7

We use a Farinograph to measure the performance of our flours, so we can be sure customers will have a successful baking experience.



8

At our facility, we isolate our gluten free products and store them in dedicated silos.



9

We sample and test each gluten free shipment immediately upon arrival and continue testing throughout the entire process.



10

We meticulously test all products, including gluten free foods, to ensure purity.



11

All gluten free products must meet rigid international gluten free standards.



12

Our quality control lab employs an R5 monoclonal antibody ELISA test to ensure maximum safety.



13

We regularly test random samples from the packaging line to make sure customers are getting only the best gluten free products.



15

All gluten free storage, milling, mixing and packaging is carried out in a dedicated facility used only for gluten free products.



14

All gluten free goods are quarantined in a special waiting area until their safety and quality are confirmed by our quality assurance specialists.



16

We measure the level of enzyme activity in our finished products to make sure they will perform exactly how you expect them to.



17

Our Quality Assurance Team is one of the most experienced and knowledgeable in the industry.



18

Chef Sarah House is continually developing and refining recipes in the Bob's Red Mill Test Kitchen.



19

Sarah tests each product to make sure it is delicious, dependable and easy to prepare.



Oats


**Cranberry Pumpkin Seed Porridge
made with Gluten Free Organic
Quick Cooking Oats**



OAT FLOUR — see pg 6.

WHOLE OAT GROATS — see pg 35.

OAT BRAN CEREAL is a deliciously smooth, high fiber cereal milled from oats. Available in regular and organic.

18 oz (1.25 lbs)	1350C18	\$2.99
Case 4-18 oz (5 lbs)	1350C184	*\$10.69
40 oz (2.5 lbs)	1350C40	\$5.99
Case 4-40 oz (10 lbs)	1350C404	*\$21.49
25 lb (25 lbs)	1350B25	\$42.90
 18 oz (1.25 lbs) Org.	6051C18	\$4.19
Case 4-18 oz (5 lbs) Org.	6051C184	*\$15.09

INSTANT ROLLED OATS are uniquely "kiln toasted" whole grain oats with the bran still intact. Cook them for a scant one minute in the microwave, or just add boiling water for a truly instant breakfast.

16 oz (1 lb)	1371C16	\$2.59
Case 4-16 oz (4.5 lbs)	1371C164	*\$9.29
32 oz (2 lbs)	1371C32	\$3.39
Case 4-32 oz (8.5 lbs)	1371C324	*\$12.19

QUICK COOKING ROLLED OATS are whole grain and not pre-cooked like instant oats. Ready to eat in just two to three minutes in the microwave.

16 oz (1 lb)	1365C16	\$2.59
Case 4-16 oz (4.5 lbs)	1365C164	*\$9.29
32 oz (2 lbs)	1365C32	\$3.39
Case 4-32 oz (8.5 lbs)	1365C324	*\$12.19
25 lb (25 lbs)	1365B25	\$24.90
16 oz (1 lb) Org.	6049C16	\$2.79
Case 4-16 oz (4.5 lbs) Org.	6049C164	*\$9.99
32 oz (2 lbs) Org.	6049C32	\$4.59
Case 4-32 oz (8.5 lbs) Org.	6049C324	*\$16.49
25 lb (25 lbs) Org.	6049B25	\$47.40

OLD FASHIONED ROLLED OATS make a delicious, chewy wholesome cooked cereal that gives lasting energy all morning.

16 oz (1 lb)	1360C16	\$2.59
Case 4-16 oz (4.5 lbs)	1360C164	*\$9.29
32 oz (2 lbs)	1360C32	\$3.39
Case 4-32 oz (8.5 lbs)	1360C324	*\$12.19
25 lb (25 lbs)	1360B25	\$24.90
16 oz (1 lb) Org.	6048C16	\$2.79
Case 4-16 oz (4.5 lbs) Org.	6048C164	*\$9.99
32 oz (2 lbs) Org.	6048C32	\$4.59
Case 4-32 oz (8.5 lbs) Org.	6048C324	*\$16.49
25 lb (25 lbs) Org.	6048B25	\$47.40

EXTRA THICK ROLLED OATS (and we mean extra thick!) are uniquely "kiln toasted" and freshly milled from the highest quality oats.

16 oz (1 lb)	1355C16	\$2.59
Case 4-16 oz (4.5 lbs)	1355C164	*\$9.29
32 oz (2 lbs)	1355C32	\$3.39
Case 4-32 oz (8.5 lbs)	1355C324	*\$12.19
25 lb (25 lbs)	1355B25	\$24.90
16 oz (1 lb) Org.	6050C16	\$2.79
Case 4-16 oz (4.5 lbs) Org.	6050C164	*\$9.99
32 oz (2 lbs) Org.	6050C32	\$4.59
Case 4-32 oz (8.5 lbs) Org.	6050C324	*\$16.49
25 lb (25 lbs) Org.	6050B25	\$47.40

STEEL CUT OATS are milled from oats and cut into neat little pieces on a steel burr mill. With this variety of oats, Bob himself took home the winning trophy at the 2016 Golden Spurtle World Porridge Making Championship in Carrbridge, Scotland. This is "World Champion Oatmeal®". It makes a delightful full-bodied hot cereal.

24 oz (1.5 lbs)	1385C24	\$3.19
Case 4-24 oz (6.5 lbs)	1385C244	*\$11.39
54 oz (3.5 lbs)	1385C54	\$5.49
Case 4-54 oz (13.5 lbs)	1385C544	*\$19.69
25 lb (25 lbs)	1385B25	\$24.90
24 oz (1.5 lbs) Org.	6053C24	\$3.99
Case 4-24 oz (6.5 lbs) Org.	6053C244	*\$14.29
25 lb (25 lbs) Org.	6053B25	\$47.40

QUICK COOKING STEEL CUT OATS are milled from whole grain oats and cut into neat little pieces on a specialized rotary granulator mill. Ready in a scant 5 to 7 minutes, our Quick Cooking Steel Cut Oats make a delightful hot cereal!

22 oz (1.5 lbs)	1382C22	\$3.39
Case 4-22 oz (6 lbs)	1382C224	*\$12.19
44 oz (3 lbs)	1382C44	\$5.09
Case 4-44 oz (11.5 lbs)	1382C444	*\$18.29
25 lb (25 lbs)	1382B25	\$24.90
22 oz (1.5 lbs) Org.	6056C22	\$4.59
Case 4-22 oz (6 lbs) Org.	6056C224	*\$16.49
44 oz (3 lbs) Org.	6056C44	\$7.39
Case 4-44 oz (11.25 lbs) Org.	6056C444	*\$26.59
25 lb (25lbs) Org.	6056B25	\$47.40



SCOTTISH OATMEAL is the original porridge of ancient Scotland. This true whole grain oatmeal is stone-ground, not rolled, on our century-old mills.

20 oz (1.25 lbs)	1390C20	\$3.39
Case 4-20 oz (5.5 lbs)	1390C204	*\$12.19
46 oz (3 lbs)	1390C46	\$6.89
Case 4-46 oz (11.5 lbs)	1390C464	*\$24.79
25 lb (25 lbs)	1390B25	\$34.00
20 oz (1.25 lbs) Org.	6052C20	\$4.19
Case 4-20 oz (5.5 lbs) Org.	6052C204	*\$15.09
25 lb (25 lbs) Org.	6052B25	\$51.50



Gluten Free Oats

At last, oats that people with celiac disease or gluten intolerance can enjoy, too! These oats are carefully sourced and R5 ELISA tested to ensure our gluten free promise. Roasting enhances that wholesome robust flavor you expect. Although a tiny fraction of the gluten free population cannot tolerate even the purest gluten free oats, most will find oats to be a deliciously welcomed addition to their diets. If you're unsure, please consult first with your healthcare advisor.



GF OATMEAL SINGLE SERVING CUPS

APPLE CINNAMON

2.36 oz (0.15 lbs)	1366C01	\$2.49
12 Pack Case (2.5 lbs)	1366C0112	\$26.99

BLUEBERRY HAZELNUT

2.5 oz (0.16 lbs)	1367C01	\$2.49
12 Pack Case (2.5 lbs)	1367C0112	\$26.99

CLASSIC

1.81 oz (0.12 lbs)	1368C01	\$2.49
12 Pack Case (2.5 lbs)	1368C0112	\$26.99

MAPLE BROWN SUGAR

2.15 oz (0.13 lbs)	1369C01	\$2.49
12 Pack Case (2.5 lbs)	1369C0112	\$26.99



GF EXTRA THICK ROLLED OATS

32 oz (2 lbs)	1981C32	\$7.79
Case 4-32oz (8.5 lbs)	1981C324	*\$27.99
25 lb (25lbs)	1981B25	\$48.30
32 oz (2 lbs) GF/Org.	1991C32	\$8.49
Case 4-32 oz (8 lbs) GF/Org.	1991C324	*\$30.49
25 lb (25 lbs) GF/Org.	1991B25	\$66.60



GF OAT BRAN

18 oz (1.25 lbs)	1985C18	\$3.99
Case 4-18 oz (5 lbs)	1985C184	*\$14.29
25 lb (25lbs)	1985B25	\$48.30



GF OLD FASHIONED ROLLED OATS

32 oz (2 lbs)	1982C32	\$7.49
Case 4-32 oz (8.5 lbs)	1982C324	*\$26.89
25 lb (25lbs)	1982B25	\$48.30
32 oz (2 lbs) GF/Org.	1992C32	\$8.49
Case 4-32 oz (8 lbs) GF/Org.	1992C324	*\$30.49
25 lb (25 lbs) GF/Org.	1992B25	\$66.60



GF QUICK COOKING OATS

32 oz (2 lbs)	1983C32	\$7.49
Case 4-32 oz (8.5 lbs)	1983C324	*\$26.89
25 lb (25lbs)	1983B25	\$48.30
32 oz (2 lbs) GF/Org.	1993C32	*\$8.49
Case 4-32 oz (8 lbs) GF/Org.	1993C324	*\$30.49
25 lb (25 lbs) GF/Org.	1993B25	\$66.60



GF SCOTTISH OATMEAL

20 oz (1.5 lbs)	1979C20	\$5.49
Case 4-20 oz (5.5 lbs)	1979C204	*\$19.49
25 lb (25lbs)	1979B25	\$48.40



GF STEEL CUT OATS

24 oz (1.5 lbs)	1980C24	\$6.29
Case 4-24 oz (6.5 lbs)	1980C244	*\$22.59
25 lb (25lbs)	1980B25	\$48.30
24 oz (1.5 lbs) GF/Org.	1990C24	\$7.09
Case 4-24 oz (4 lbs) GF/Org.	1990C244	*\$25.39
25 lb (25 lbs) GF/Org.	1990B25	\$66.60





NEW *Gluten Free Organic Oats*

Over the years, folks have asked us time and time again for oats that are both gluten free AND organic. Now, finally, the day has come: gluten free organic oats have arrived!



GF ORGANIC OLD FASHIONED ROLLED OATS

32 oz (2 lbs) GF/Org. 1992C32 *\$8.49
 Case 4-32 oz (8 lbs) GF/Org. 1992C324 *\$30.49
 25 lb (25 lbs) GF/Org. 1992B25 \$66.60



GF ORGANIC QUICK COOKING ROLLED OATS

32 oz (2 lbs) GF/Org. 1993C32 *\$8.49
 Case 4-32 oz (8 lbs) GF/Org. 1993C324 *\$30.49
 25 lb (25 lbs) GF/Org. 1993B25 \$66.60



GF ORGANIC EXTRA THICK ROLLED OATS

32 oz (2 lbs) GF/Org. 1991C32 *\$8.49
 Case 4-32 oz (8 lbs) GF/Org. 1991C324 *\$30.49
 25 lb (25 lbs) GF/Org. 1991B25 \$66.60



GF ORGANIC STEEL CUT OATS

24 oz (1.5 lbs) GF/Org. 1990C24 *\$7.09
 Case 4-24 oz (4 lbs) GF/Org. 1990C244 *\$25.39
 25 lb (25 lbs) GF/Org. 1990B25 \$66.60



Visit Bob's Red Mill in Portland, Oregon!



Tour the Mill, where our knowledgeable "grain guides" will show you historical milling equipment on display and modern factory production lines in action. Hear the inspiring stories of how Bob got started in the milling business and overcame challenges to make Bob's Red Mill the thriving employee-owned company that it is today. ↴



Shop at the Whole Grain Store & Bakery, where you'll find the largest selection of Bob's Red Mill products anywhere in the world, including an astounding bulk section, plus a variety of other wholesome products, cookbooks, cookware and more! You can also grab a loaf of whole grain bread or freshly baked cookies from our bakery. ↻

Eat at our Restaurant, where we serve up delicious whole grain foods for breakfast and lunch. You just might see Bob there enjoying a bowl of oatmeal, visiting with customers, or playing the piano. ↻

Visit our website or scan this QR code for more information, including hours and directions.

bobsredmill.com





Grains



Freekeh Pilaf made with Cracked Freekeh

ORGANIC AMARANTH GRAIN is high in dietary fiber and a source of complete protein. Amaranth has an earthy flavor well suited to porridge, polenta and quick breads.

24 oz (1.5 lbs) Org.	6000C24	\$8.09
Case 4-24 oz (6.5 lbs) Org.	6000C244	*\$29.09
25 lb (25 lbs) Org.	6000B25	\$72.20

PEARL BARLEY has the bran partially removed and polished away, resulting in a smooth surface and quicker cooking time.

30 oz (2 lbs)	1070C30	\$2.79
Case 4-30 oz (8.5 lbs)	1070C304	*\$9.99
25 lb (25 lbs)	1070B25	\$22.70

WHOLE HULL-LESS BARLEY is a hull-less variety, developed to allow the whole grain to be used without peeling the bran layers away.

26 oz (1.75 lbs)	1073C26	\$2.39
Case 4-26 oz (7 lbs)	1073C264	*\$8.59

RED BULGUR is made by parboiling, drying, then cracking hard red wheat. It is a Middle East staple with a tender, chewy texture.

28 oz (1.75 lbs)	1100C28	\$3.49
Case 4-28 oz (7.5 lbs)	1100C284	*\$12.49
25 lb (25 lbs)	1100B25	\$31.70

GOLDEN BULGUR from soft white wheat has a slightly different taste and texture from red wheat bulgur, but it is used the same way.

28 oz (1.75 lbs)	1101C28	\$4.39
Case 4-28 oz (7.5 lbs)	1101C284	*\$15.79
25 lb (25 lbs)	1101B25	\$50.60

ORGANIC BUCKWHEAT GROATS are the hulled seeds of the buckwheat plant. These soft white seeds have a mild flavor, but when toasted or roasted they taste delightfully intense.

16 oz (1 lb) Org.	1092C16	\$4.79
Case 4-16 oz (4.5 lbs) Org.	1092C164	*\$17.19
25 lb (25 lbs) Org.	1092B25	\$80.40

POPCORN (yellow or white) pops up big and fluffy. Made from the finest corn available, it's a wholesome, whole grain snack food.

27 oz (1.75 lbs) White	1161C27	\$3.69
Case 4-27 oz (7.25 lbs) Wh	1161C274	*\$13.29
27 oz (1.75 lbs) Yellow	1160C27	\$3.89
Case 4-27 oz (7.25 lbs) Yel	1160C274	*\$13.99
25 lb (25 lbs) Yellow	1160B25	\$41.60

WHOLE YELLOW CORN has a sweet flavor — perfect for grinding into fresh whole grain cornmeal.

25 lb (25 lbs)	1155B25	\$16.00
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CORN GRITS/POLENTA are simply coarsely stone-ground bits of corn.

24 oz (1.5 lbs)	1145C24	\$2.59
Case 4-24 oz (6.5 lbs)	1145C244	*\$9.29
25 lb (25 lbs)	1145B25	\$27.80
24 oz (1.5 lbs) Org.	6009C24	\$3.59
Case 4-24 oz (6.5 lbs) Org.	6009C244	*\$12.89
25 lb (25 lbs) Org.	6009B25	\$43.30



GF **GF CORN GRITS/POLENTA** are simply coarsely stone-ground bits of corn.

24 oz. (1.5 lbs)	1618C24	\$3.69
Case 4-24 oz (6.5 lbs)	1618C244	*\$13.19
25 lbs (25 lbs)	1618B25	\$29.20

WHITE CORN GRITS are simply coarsely ground bits of white corn.

24 oz (1.5 lbs)	1149C24	\$3.39
Case 4-24 oz (6.5 lbs)	1149C244	*\$12.19
25 lb (25 lbs)	1149B25	\$30.10

ORGANIC FARRO is an ancient relative of modern-day wheat. Farro is hearty and chewy, with a rich, nutty flavor. Use in stews, casseroles, salads and pilafs.

24 oz (1.5 lb) Org.	7015C24	\$6.19
Case 4-24 oz (6.5 lbs) Org.	7015C244	*\$22.19
25 lb (25 lbs) Org.	7015B25	\$72.10



ORGANIC CRACKED FREEKEH is young green wheat that has been roasted and cracked. A high-fiber whole grain that is perfect for savory salads, spiced pilafs and hearty hot cereal.

16 oz (1 lb) Org.	7011C16	\$6.99
Case 4-16 oz (4.5 lbs) Org.	7011C164	*\$25.09
25 lb (25 lbs) Org.	7011B25	\$127.70



ORGANIC KAMUT® BERRIES come from an ancient variety of wheat that was only recently rediscovered. This firm, chewy whole grain is a nutritious source of protein, minerals and fiber.

24 oz (1.5 lbs) Org.	1761C24	\$3.90
Case 4-24 oz (6.5 lbs) Org.	1761C244	*\$14.09
25 lb (25 lbs) Org.	1761B25	\$44.70



GF **ORGANIC KASHA** is roasted and hulled buckwheat kernels. It is a good source of dietary fiber and makes a wonderful hot cereal or a delicious side dish.

18 oz (1.25 lbs) Org.	1094C18	\$7.79
Case 4-18 oz (5 lbs) Org.	1094C184	*\$27.99
25 lbs (25 lbs)	1094B25	\$89.80



GF **HULLED MILLET** is an ancient grain from the Far East, first cultivated nearly 10,000 years ago. It's easy to digest and a good source of fiber.

28 oz (1.75 lbs)	1295C28	\$3.09
Case 4-28 oz (7.5 lbs)	1295C284	*\$11.09
25 lb (25 lbs)	1295B25	\$30.60



WHOLE OAT GROATS — Groat is an old Scottish word that describes an oat kernel with the hull removed. Cook into a hearty cereal or grind into flour.

29 oz (2 lbs)	1380C29	\$3.19
Case 4-29 oz (7.75 lbs)	1380C294	*\$11.39
25 lb (25 lbs)	1380B25	\$24.90
29 oz (2 lbs) Org.	6054C29	\$3.69
Case 4-29 oz (7.75 lbs) Org.	6054C294	*\$13.29



GF **ORGANIC QUINOA GRAIN** is a nutritional powerhouse, a good source of iron and high-quality protein. Our whole grain quinoa has been thoroughly rinsed and air dried to remove the naturally-occurring bitter saponins.

16 oz (1 lb)	1447C16	\$9.89
Case 4- 16 oz (4 lbs)	1447C164	*\$35.49
26 oz (1.5 lbs) Org.	1447C26	\$15.39
Case 4-26 oz (7 lbs) Org.	1447C264	*\$55.09
25 lb (25 lbs) Org.	1447B25	\$187.70



GF **ORGANIC RED QUINOA** elevates even the simplest dish. Our red quinoa has been thoroughly rinsed and air dried to remove the naturally occurring bitter saponins.

16 oz (1 lb) Org.	6040C16	\$9.89
Case 4-16 oz (4 lbs) Org.	6040C164	*\$35.49
25 lb (25 lbs) Org.	6040B25	\$187.70



GF **ORGANIC TRICOLOR QUINOA**, with its beautiful color elevates even the simplest dish. Our tricolor quinoa contains red, white and black quinoa and has been thoroughly rinsed and air dried to remove the naturally occurring bitter saponins.

16 oz (1 lb) Org.	6042C16	\$9.89
Case 4-16 oz (4 lbs) Org.	6042C164	*\$35.49
25 lb (25 lbs) Org.	6042B25	\$187.70



BASMATI RICE, BROWN is a long grain rice with a nut-like aroma and flavor. It is a premium whole grain brown rice with the outer nutritious bran intact. Only the outer inedible husk has been removed.

27 oz (1.75 lbs)	1465C27	\$5.49
Case 4-27 oz (7.25 lbs)	1465C274	*\$19.59

BASMATI RICE, WHITE literally translates as "queen of fragrance." This aromatic white rice has had the bran and germ removed.

27 oz (1.75 lbs)	1466C27	\$6.07
Case 4-27 oz (7.25 lbs)	1466C274	*\$21.89

LONG GRAIN RICE, BROWN has slender kernels that are four times longer than they are wide. This premium whole grain brown rice retains the outer bran layer with its fiber and micro-nutrients intact.

27 oz (1.75 lbs)	1455C27	\$4.49
Case 4-27 oz (7.25 lbs)	1455C274	*\$16.09

MEDIUM GRAIN RICE, BROWN is a wonderful addition to any meal. Cooks up beautifully and offers a heartier texture than short grain rice.

27 oz (1.75 lb) Org.	6070C27	\$5.71
Case 4-27 oz (7.25 lbs) Org.	6070C274	*\$20.59



SHORT GRAIN RICE, BROWN has plump kernels that are almost round. The high starch content keeps them moist, causing the rice to stick together. This premium whole grain rice retains the outer bran layer with its fiber and micro-nutrients intact.

27 oz (1.75 lbs)	1456C27	\$4.49
Case 4-27 oz (7.25 lbs)	1456C274	*\$16.09

SWEET RICE, BROWN is considered to be "sticky rice". This premium short grain variety of whole grain brown rice retains the outer bran layer, with its fiber and micro-nutrients intact.

27 oz (1.75 lbs)	1718C27	\$5.04
Case 4-27 oz (7.25 lbs)	1718C274	*\$18.19

SWEET RICE, WHITE is considered to be "sticky rice". This short grain variety of white rice has had the bran and germ removed.

27 oz (1.75 lbs)	5046C27	\$4.29
Case 4-27 oz (7.25 lbs)	5046C274	*\$15.39

COUNTRY RICE BLEND is a delicious blend of rice containing long grain brown rice plus Wehani® and Black Japonica™.

27 oz (1.75 lbs)	1459C27	\$9.29
Case 4-27 oz (7.25 lbs)	1459C274	*\$33.49

WILD RICE isn't really rice at all; it's a long-grain marsh grass native to the United States. Bob's Red Mill also offers quick-cooking wild rice that's smaller and thinner than regular wild rice and cooks in less time.

8 oz (0.5 lb) Regular	1468C08	\$7.09
Case 8-8 oz (4.5 lbs) Regular	1468C088	*\$50.99
25 lb (25 lbs) Regular	1468B25	\$171.00
8 oz (0.5 lb) Quick	1462C08	\$5.79
Case 8-8 oz (4.5 lbs) Quick	1462C088	*\$47.99

WILD RICE & BROWN RICE MIX is an easy-to-prepare, marvelous mixture of robust flavors and unique texture.

27 oz (1.75 lbs)	1469C27	\$4.89
Case 4-27 oz (7.25 lbs)	1469C274	*\$17.59
25 lb (25 lbs)	1469B25	\$58.90

ORGANIC RYE BERRIES can be cooked as a hearty breakfast cereal or ground in your own mill for the freshest rye flour available.

28 oz (1.75 lbs) Org.	1470C28	\$3.19
Case 4-28 oz (7.5 lbs) Org.	1470C284	*\$11.39
25 lb (25 lbs) Org.	1470B25	\$29.80

WHOLE GRAIN MEDLEY contains whole grain, hard red wheat, long grain brown rice, oats, rye, triticale, barley, Kamut® Khorasan wheat, buckwheat, and sesame seeds.

24 oz (1.5 lbs)	1203C24	\$2.99
Case 4-24 oz (6.5 lbs)	1203C244	*\$10.69

SORGHUM GRAIN is a good source of fiber. Whole grain sorghum has a chewy texture perfect for pilafs and cold salads.

24 oz. (1.5 lb)	2531C24	\$3.49
Case 4-24 oz (6.5 lbs)	2531C244	*\$12.49
25 lb (25 lbs)	2531B25	\$26.40

SPELT BERRIES are from an ancient species of wheat. Because it has never been hybridized, spelt has retained many of its original characteristics from antiquity, including complex flavor and whole grain nutrition.

28 oz (1.75 lbs)	1513C28	\$4.39
Case 4-28 oz (7.5 lbs)	1513C284	*\$15.79
24 oz (1.5 lbs) Org.	6084C24	\$4.29
Case 4-24 oz (6.5 lbs) Org.	6084C244	*\$15.39
25 lb (25 lbs) Org.	6084B25	\$46.00



TEFF GRAIN is a tiny grain that has been a staple of traditional Ethiopian cooking for thousands of years. Delicious on its own or combined with other grains and vegetables.

24 oz (1.5 lbs)	1533C24	\$6.39
Case 4-24 oz (6.5 lbs)	1533C244	*\$22.99



HARD RED WHEAT BERRIES are dark, northern kernels of wheat with high protein content.

32 oz (2 lbs)	1550C32	\$3.69
Case 4-32 oz (8.5 lbs)	1550C324	*\$13.29
25 lb (25 lbs)	1550B25	\$19.00
28 oz (1.75 lbs) Org.	6091C28	\$2.69
Case 4-28 oz (7.5 lbs) Org.	6091C284	*\$9.69



ORGANIC HARD WHITE WHEAT BERRIES produce light, delightful cream-colored whole wheat flour. Baked goods have a pleasing golden color when using this whole wheat flour.

28 oz (1.75 lbs) Org.	7006C28	\$3.10
Case 4-28 oz (7.5 lbs) Org.	7006C284	*\$11.19



SOFT WHITE WHEAT BERRIES are used mainly by those with their own home mills to grind whole wheat pastry flour.

32 oz (2 lbs)	1565C32	\$2.39
Case 4-32 oz (8.5 lbs)	1565C324	*\$8.59
25 lb (25 lbs)	1565B25	\$19.00

GOLDEN COUSCOUS is par-cooked, coarsely ground Durum wheat. A traditional North African pasta that makes a popular side dish or is eaten as a mellow-tasting breakfast cereal.

24 oz (1.5 lbs)	1163C24	\$4.49
Case 4-24 oz (6.5 lbs)	1163C244	*\$16.09
25 lb (25 lbs)	1163B25	\$60.40



BOBBLE HEAD
you know you want one!
5037 \$19.95





Beans



New Delhi Dal made with Chana Dal

ADZUKI BEANS are hearty, delicious and make incredible refried beans. They are also great for sprouting.

28 oz (1.75 lbs)	1653C28	\$7.59
Case 4-28 oz (7.5 lbs)	1653C284	*\$27.29

BLACK TURTLE BEANS have a wonderful flavor all their own. They make delicious black bean soup and great refried beans.

26 oz (1.75 lbs)	1643C26	\$4.49
Case 4-26 oz (7 lbs)	1643C264	*\$16.09
25 lb (25 lbs)	1643B25	\$46.00

CANNELLINI BEANS, also known as fagioli and haricots blancs, have a creamy texture with a mellow, nutty flavor.

24 oz (1.5 lbs)	1628C24	\$9.99
Case 4-24 oz (6.5 lbs)	1628C244	*\$35.89

CHANA DAL are split, polished baby garbanzo beans. Try quick-cooking chana dal in curries, soups, dips, salads, pilafs and fritters.

24 oz (1.5 lbs)	1688C24	\$6.09
Case 4-24 oz (6.5 lbs)	1688C244	*\$21.89

CRANBERRY BEANS are pretty, light colored beans with cranberry colored markings. Use as you would pinto beans in chili or for baked beans.

27 oz (1.75 lbs)	1654C27	\$4.69
Case 4-27 oz (7.25 lbs)	1654C274	*\$16.89

FAVA BEANS are used in many Italian dishes. They have been blanched and have had the seed coat removed.

20 oz (1.25 lbs)	1691C20	\$7.39
Case 4-20 oz (5.5 lbs)	1691C204	*\$26.59

FLAGEOLET BEANS are tender French bush-type beans, pale green in color and a favorite in classic French country cuisine.

24 oz (1.5 lbs)	1692C24	\$7.79
Case 4-24 oz (6.5 lbs)	1692C244	*\$27.99

GARBANZO BEANS (also called chickpeas) have a nutty, rich flavor and maintain their shape well after cooking. They are traditionally used to make hummus.

25 oz (1.75 lbs)	1641C25	\$4.49
Case 4-25 oz (6.75 lbs)	1641C254	*\$16.09
25 lb (25 lbs)	1641B25	\$51.80

GREAT NORTHERN BEANS have a gentle flavor and texture. They receptively take on the flavors of the foods with which they are cooked.

27 oz (1.75 lbs)	1627C27	\$4.59
Case 4-27 oz (7.25 lbs)	1627C274	*\$16.49

RED KIDNEY BEANS are used much like pinto beans and are especially good combined with other beans for a marinated bean salad. Also great in chili.

27 oz (1.75 lbs)	1640C27	\$4.59
Case 4-27 oz (7.25 lbs)	1640C274	*\$16.49

LENTILS do not require soaking so they can be prepared quickly. They are even a great substitute for meat in tomato sauce.

27 oz (1.75 lbs)	1650C27	\$3.69
Case 4-27 oz (7.25 lbs)	1650C274	*\$13.19

PETITE FRENCH GREEN LENTILS are a bit spicy with a mottled, dark green appearance. They are the most intensely flavored lentil.

24 oz (1.5 lbs)	1698C24	\$7.59
Case 4-24 oz (6.5 lbs)	1698C244	*\$27.29
25 lb (25 lbs)	1698B25	\$96.80

RED LENTILS cook quickly and have a slightly sweet flavor.

27 oz (1.75 lbs)	1651C27	\$6.29
Case 4-27 oz (7.25 lbs)	1651C274	*\$22.59
25 lb (25 lbs)	1651B25	\$57.00

BABY LIMA BEANS are mild flavored. They are outstanding served as a side dish or in casseroles, soups, and stews.

28 oz (1.75 lbs)	1635C28	\$5.19
Case 4-28 oz (7.5 lbs)	1635C284	*\$18.69

LARGE LIMA BEANS have a rich, buttery flavor. They're especially tasty cooked with smoked meat.

28 oz (1.75 lbs)	1633C28	\$6.69
Case 4-28 oz (7.5 lbs)	1633C284	*\$23.99

MUNG BEANS are great for sprouting. Use their sprouts in salads, soups, and stir-fry dishes. Sprouting instructions included.

27 oz (1.75 lbs)	1655C27	\$9.39
Case 4-27 oz (7.25 lbs)	1655C274	*\$33.79

NAVY BEANS are small, plump, oval white beans. They are dense and smooth with a hearty texture. Use in navy bean soup or for Boston baked beans.

29 oz (2 lbs)	1652C29	\$5.29
Case 4-29 oz (8 lbs)	1652C294	*\$18.99
25 lb (25 lbs)	1652B25	\$46.30

ORCA BEANS are small heirloom beans, gorgeously dappled in black and white. Our orca beans are grown in the Pacific Northwest, exclusively for Bob's Red Mill.

22 oz (1.5 lbs)	1708C22	\$6.19
Case 4 - 22 oz (6.5 lbs)	1708C224	*\$21.99
25 lb (25 lbs)	1708B25	\$69.10

SMALL WHITE BEANS are rich and plump, and a healthy addition to your diet. They are wonderful for Boston baked beans.

29 oz (2 lbs)	1631C29	\$5.19
Case 4-29 oz (8 lbs)	1631C294	*\$18.69

GREEN SPLIT PEAS are ideal for all your recipes calling for peas, especially classic split pea soup. Split peas do not require soaking.

29 oz (2 lbs)	1645C29	\$3.29
Case 4-29 oz (7.75 lbs)	1645C294	*\$11.79
25 lb (25 lbs)	1645B25	\$30.40



**Ribolatta
made with
Cannellini
Beans**

YELLOW SPLIT PEAS make great soup, especially when combined with green split peas for a pleasing flavor and color contrast.

29 oz (2 lbs)	1649C29	\$3.29
Case 4-29 oz (7.75 lbs)	1649C294	*\$11.79

PINTO BEANS are the ultimate bean to have in the pantry. They're perfect used in just about any recipe calling for beans.

27 oz (1.75 lbs)	1625C27	\$4.19
Case 4-27 oz (7.25 lbs)	1625C274	*\$15.09

SMALL RED BEANS can be used in the same bean dishes in which you would use pinto beans.

27 oz (1.75 lbs)	1629C27	\$5.79
Case 4-27 oz (7.25 lbs)	1629C274	*\$20.79
25 lb (25 lbs)	1629B25	\$49.90

SOY BEANS are very nutritious and tasty, providing a wealth of calcium, fiber, and iron. They provide a complete protein that is cholesterol free.

 4 oz (1.5 lbs) Org.	7020C24	\$7.99
Case 4-24 oz (6.5 lbs) Org.	7020C244	*\$28.59

 **ORGANIC TEXTURED SOY PROTEIN** is made from low fat, water-processed soy flour that is cooked, extruded and dried. It is a superb protein source.

6 oz (.5 lb) Org.	7023C06	\$4.99
Case 4-6 oz (2 lbs) Org.	7023C064	*\$17.89
13 oz (1 lb) Org.	7023C13	\$9.89
Case 4-13 oz (3.5 lbs) Org.	7023C134	*\$35.59
20 lb (20 lbs) Org.	7023B20	\$139.30

 **TVP® (TEXTURED VEGETABLE PROTEIN)** is a registered trademark of Archer-Daniels-Midland Co. made from reduced-fat soybeans and is used to replace or extend ground meats in any recipe.

10 oz (.75 lb)	1545C10	\$2.99
Case 4-10 oz (3 lbs)	1545C104	*\$10.69
25 lb (25 lbs)	1545B25	\$52.80



Soup Mixes

13 BEAN SOUP MIX is very easy to prepare, containing navy, black, red, pinto, garbanzo, great northern, kidney, baby lima and large lima beans; black-eyed, yellow split and green split peas; and brown and red lentils. No seasonings are added—try our Bean Soup Seasoning Mix!

29 oz (2 lbs)	1505C29	\$5.39
Case 4-29 oz (7.5 lbs)	1505C294	*\$19.39
25 lb (25 lbs)	1505B25	\$56.50

BOUNTIFUL BLACK BEAN SOUP MIX is a beautiful combination of black beans, black-eyed peas, navy beans and pearly barley. Containing no seasonings, this bean soup base is versatile and a delightful way to add the health benefits of beans to your diet.

26 oz (2 lbs)	1509C26	\$4.99
Case 4-26 oz (8 lbs)	1509C264	*\$17.89

BEAN SOUP SEASONING MIX is our own special formula developed at Bob's Red Mill to enhance our 13 Bean Soup Mix or a pot of orca, black, pinto or any other of our fine beans.

2.5 oz (.25 lb)	1706C2.5	\$3.49
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VEGI SOUP MIX contains green split peas, yellow split peas, barley, lentils and vegetable pasta (wheat flour, dehydrated spinach and tomato powder and/or paprika powder). No seasonings are added; experiment with your own, or try our Bean Soup Seasoning Mix.

28 oz (2 lbs)	1510C28	\$4.99
Case 4-28 oz (7.5 lbs)	1510C284	*\$17.89
25 lb (25 lbs)	1510B25	\$51.80

WHOLE GRAINS AND BEANS SOUP MIX is a hearty blend of beans, seeds and whole grains. Containing no seasonings, this soup base is versatile and a delightful way to add the health benefits of beans and whole grains to your diet. Use your favorite combination of seasonings, or try our Bean Soup Seasoning Mix.

26 oz (2 lbs)	1511C26	\$4.99
Case 4-26 oz (8 lbs)	1511C264	*\$17.89

“I probably use the Vegi Soup Mix at least once a week to make a big soup or stew that we use throughout the week.”

~ Lorin (from Connecticut)



Nuts & Seeds



Everything Bagel Flax Crackers made with Organic Brown Flaxseeds



WHOLE SHELLED ALMONDS make a terrific snack or can be used in your favorite recipes.

10 oz (.75 lb)	1123C10	\$8.59
Case 8-10 oz (5.5 lbs)	1123C108	*\$61.79

WHOLE CARAWAY SEEDS come from an herb in the parsley family and are used to give rye breads their distinctively spicy flavor.

8 oz (.50 lb)	1504C08	\$4.39
Case 8-8 oz (4.5 lbs)	1504C088	*\$31.59

GF **CHIA SEED** was revered as a "super food" by ancient Mayans and Aztecs. Chia seed is high in dietary fiber and contains 4710 mg Omega-3 fatty acids per serving.

16 oz (1 lb)	2905C16	\$11.39
Case 4-16 oz (4.25 lbs)	2905C164	*\$40.69
25 lb (25 lbs)	2905B25	\$185.00

GF **FLAXSEED** has a mild, nutty flavor and contains 5790 mg Omega-3 fatty acids per serving.

24 oz. (1.5 lbs)	1230C24	\$3.89
Case 4-24 oz (6.5 lbs)	1230C244	*\$13.99
25 lb. (25 lbs)	1230B25	\$41.90
24 oz. (1.5 lbs) Org.	6031C24	\$4.99
Case 4-24 oz (6.5 lbs) Org.	6031C244	*\$17.89
25 lb. (25 lbs) Org.	6031B25	\$55.50

GF **GOLDEN FLAXSEED** is just as nutritious and tasty as brown flaxseed but with a lighter golden color.

24 oz. (1.5 lbs)	1231C24	\$4.29
Case 4-24 oz (6.5 lbs)	1231C244	*\$15.39
25 lb. (25 lbs)	1231B25	\$45.40
24 oz. (1.5 lbs) Org.	6034C24	\$5.79
Case 4-24 oz (6.5 lbs) Org.	6034C244	*\$20.79
25 lb. (25 lbs) Org.	6034B25	\$67.70

GF **HULLED HEMP SEED** may be one of nature's most perfect foods. Contains Omega-3 and Omega-6 fatty acids, and complete protein.

12 oz (1 lb)	2900C12	\$13.49
Case 4-12 oz (3 lbs)	2900C124	*\$48.49

PUMPKIN SEEDS are delicious and a good source of protein and minerals.

16 oz (1 lb)	1446C16	\$11.59
Case 4-16 oz (4.25 lbs)	1446C164	*\$41.49
24 oz (1.5 lbs)	1446C24	\$18.49
Case 4-24 oz (6.5 lbs)	1446C244	*\$66.59
25 lb (25 lbs)	1446B25	\$203.50

BROWN SESAME SEEDS add a distinctive flavor and are a good source of fiber.

16 oz (1 lb)	1500C16	\$4.99
Case 4-16 oz (4.5 lbs)	1500C164	*\$17.89
25 lb (25 lbs)	1500B25	\$82.90

WHITE SESAME SEEDS are used the same way as our brown sesame seeds. The outside coating has been removed to give them a uniform, creamy look.

16 oz (1 lb)	1501C16	\$4.99
Case 4-16 oz (4.5 lbs)	1501C164	*\$17.89

RAW SHELLED SUNFLOWER SEEDS are delicious as a snack and as an addition to breads, cakes, cookies and muffins.

20 oz (1.25 lbs)	1526C20	\$4.29
Case 4-20 oz (5.5 lbs)	1526C204	*\$15.39
25 lb (25 lbs)	1526B25	\$58.30

COCONUT FLAKES are packed full of flavor and make a healthful snack. They're unsweetened and have no added sulfur.

12 oz (.75 lb)	1130C12	\$4.19
Case 4-12 oz (3.5 lbs)	1130C124	*\$15.09
25 lb (25 lbs)	1130B25	\$91.70

SHREDDED COCONUT is naturally sweet and has no added sulfur.

12 oz (.75 lb)	1135C12	\$3.99
Case 4-12 oz (3.5 lbs)	1135C124	*\$14.09
24 oz (1.5 lbs)	1135C24	\$6.89
Case 4-24 oz (6.5 lbs)	1135C244	*\$24.49
25 lb (25 lbs)	1135B25	\$91.70

FINE MACARON COCONUT is naturally sweet and has no added sulfur.

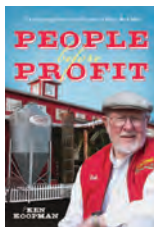
12 oz (.75 lb)	1137C12	\$3.99
Case 4-12 oz (3.5 lbs)	1137C124	*\$14.09



Tahini Cookies made with White Sesame Seeds

Books

For a complete list of inspiring books, visit Bobsredmill.com



PEOPLE BEFORE PROFIT

Read Bob's life story and the history of Bob's Red Mill. His philosophy of putting people before profit is a shining example of what's right about America. It's an inspiration!

1 lb 4511-03 \$19.95



BOB'S RED MILL COOKBOOK

A full range of delicious recipes.

2 lbs 4471-03 \$19.95



BOB'S RED MILL BAKING BOOK

The definitive baking cookbook for beginners and experts alike, featuring more than 400 recipes.

2 lbs 4466-03 \$19.95



WHOLE GRAINS EVERY DAY COOKBOOK

Soups, Salads & Sides features new flavors and reinvented classics showcasing our healthful, delicious products.

1 lb 4520-03 \$19.95



EVERYDAY GLUTEN-FREE

281 delicious whole grain recipes. Discover a bounty of nutrient-dense, gluten free goodness.

1.5 lbs 4519-03 \$24.95



BREAKFASTS

100 healthful whole grain breakfast recipes. Revitalize your breakfasts with this book.

1.5 lbs 4521-03 \$19.95



LUNCHES

100 healthful whole grain lunch recipes. A beautiful book.

1.5 lbs 4522-03 \$19.95

Find more great recipes at
bobsredmill.com/recipes

Nooch Crackers (gluten free)

These gluten-free, grain-free, and dairy-free crackers have a delicious, cheesy flavor. Perfect to munch on during the Super Bowl.

• Dairy Free • Gluten Free • Grain Free • Paleo • Soy Free • Vegan • Vegetarian

1 Tbsp **GOLDEN FLAXSEED MEAL**—pg 6, 15

3 Tbsp Water

1¾ cups **ALMOND FLOUR**—pg 4, 14

¼ cup **NUTRITIONAL YEAST**—pg 11, 17

½ tsp Salt

1 Tbsp melted Coconut Oil

2 Tbsp Lemon Juice

Kosher or Large Flake Salt
to garnish

Preheat oven to 350°F.

In a small bowl, combine golden flaxseed meal and water. Let sit for 5 minutes.

Meanwhile, combine almond flour, nutritional yeast and salt in a large bowl. Add melted coconut oil, lemon juice and flaxseed meal mixture and mix until a dough forms.

Transfer dough to a piece of parchment paper and cover with a second piece of parchment paper. Roll dough between parchment paper, removing and replacing the parchment as needed, to ¼¹⁶-inch thickness.

Remove top sheet of parchment paper and transfer crackers on bottom sheet of parchment paper to a sheet tray. Cut into 1½-inch squares or desired shapes. Dock each cracker with a fork and sprinkle generously with kosher or large flake salt.

Bake in preheated oven until deep golden color, about 25 minutes.



Nutritional Boosters



**Berry Peachy Smoothie
made with Protein & Fiber
Nutritional Booster**

Give smoothies, cereal or baked goods a boost with these nutritionally superior ingredients.

GF **PROTEIN & FIBER BOOSTER** adds protein, fiber and beneficial probiotics to your shake or smoothie. Made from pea protein powder, with fiber from chicory root and psyllium husk. Unsweetened and unflavored.

16 oz (1 lb)	2910C16	\$29.99
Case 4-16 oz (4.5 lbs)	2910C164	*\$133.29
32 oz (2 lbs)	2910C32	\$56.99
Case 4-32 oz (8.5 lbs)	2910C324	\$253.29

GF **CHAI PROTEIN POWDER** makes it easy to get more plant-based protein, fiber and probiotics. Add to smoothies or simply mix with water for a quick shake. Sweetened with monk fruit.

16 oz (1 lb)	2913C16	\$29.99
Case 4-16 oz (4.5 lbs)	2913C164	*\$133.29
32 oz (2 lbs)	2913C32	\$56.99
Case 4-32 oz (8.5 lbs)	2913C324	\$253.29

GF **CHOCOLATE PROTEIN POWDER** is the perfect blend of pea protein, soluble fiber and probiotics. Simply mix with water for an easy shake or add to a smoothie for increased nutrition. Sweetened with monk fruit.

16 oz (1 lb)	2912C16	\$29.99
Case 4-16 oz (4.5 lbs)	2912C164	*\$133.29
32 oz (2 lbs)	2912C32	\$56.99
Case 4-32 oz (8.5 lbs)	2912C324	\$253.29

GF **VANILLA PROTEIN POWDER** is a simple way to add vegan protein, fiber, and probiotics to your diet. Mix with water for an easy shake or blend with fruit for a delicious smoothie. Sweetened with monk fruit.

16 oz (1 lb)	2911C16	\$29.99
Case 4-16 oz (4.5 lbs)	2911C164	*\$133.29
32 oz (2 lbs)	2911C32	\$56.99
Case 4-32 oz (8.5 lbs)	2911C324	\$253.29

GF **PEA PROTEIN POWDER** is made from yellow peas. It is an excellent source of vegan protein and iron.

16 oz (1 lb)	5232C16	\$17.99
Case 4-16 oz (4.5 lbs)	5232C164	*\$64.79

GF **PSYLLIUM FIBER POWDER** is made from the husk of the psyllium seed and is a terrific source of soluble fiber. Mix with water or juice, or add to smoothies or baked goods. Unsweetened and unflavored.

16 oz (1 lb)	5235C16	\$11.99
Case 4-16 oz (4.5 lbs)	5235C164	*\$43.19

GF **SUPER-FINE ALMOND FLOUR** is simply blanched whole almonds that have been finely ground.

16 oz (1 lb)	4999C16	\$14.39
Case 4-16 oz (4.5 lbs)	4999C164	*\$51.79
40 oz (2.5 lbs)	4999C40	\$33.79
Case 4-40 oz (10.5 lbs)	4999C404	\$121.59
25 lb (25 lbs)	4999B25	\$225.00

GF **SUPER-FINE NATURAL ALMOND FLOUR** is ground from whole almonds with the skin intact.

16 oz (1 lb)	4998C16	\$14.39
Case 4-16 oz (4.5 lbs)	4998C164	*\$51.79
25 lb (25 lbs)	4998B25	\$225.00

TOASTED CAROB POWDER is made from the dried pods of the carob tree and is a healthful substitute for chocolate. An equal replacement for cocoa in your favorite recipes.

18 oz (1.25 lbs)	1120C18	\$4.69
Case 4-18 oz (5 lbs)	1120C184	*\$16.89

GF **CHIA SEED** was revered as a "super food" by ancient Mayans and Aztecs. Chia seed is high in dietary fiber and contains 4710 mg Omega-3 fatty acids per serving.

16 oz (1 lb)	2905C16	\$11.39
Case 4-16 oz (4.25 lbs)	2905C164	*\$40.69
25 lb (25 lbs)	2905B25	\$185.00

SHREDDED COCONUT is naturally sweet and has no added sulfur.

12 oz (.75 lb)	1135C12	\$3.99
Case 4-12 oz (3.5 lbs)	1135C124	*\$14.09
24 oz (1.5 lbs)	1135C24	\$6.89
Case 4-24 oz (6.5 lbs)	1135C244	*\$24.49
25 lb (25 lbs)	1135B25	\$91.70

GF **ORGANIC COCONUT FLOUR** is ground from dried, defatted coconut.

16 oz (1 lb) Org.	6135C16	\$4.99
Case 4-16 oz (4.5 lbs) Org.	6135C164	*\$17.99
25 lb (25 lbs) Org.	6135B25	\$74.00

GF **FLAXSEED** has a mild, nutty flavor and contains 5790 mg Omega-3 fatty acids per serving.

24 oz. (1.5 lbs)	1230C24	\$3.89
Case 4-24 oz (6.5 lbs)	1230C244	*\$13.99
25 lb. (25 lbs)	1230B25	\$41.90
24 oz. (1.5 lbs) Org.	6031C24	\$4.99
Case 4-24 oz (6.5 lbs) Org.	6031C244	*\$17.89
25 lb. (25 lbs) Org.	6031B25	\$55.50

GF **GOLDEN FLAXSEED** is just as nutritious and tasty as brown flaxseed but with a lighter golden color.

24 oz. (1.5 lbs)	1231C24	\$4.29
Case 4-24 oz (6.5 lbs)	1231C244	*\$15.39
25 lb. (25 lbs)	1231B25	\$45.40
24 oz. (1.5 lbs) Org.	6034C24	\$5.79
Case 4-24 oz (6.5 lbs) Org.	6034C244	*\$20.79
25 lb. (25 lbs) Org.	6034B25	\$67.70

GF **FLAXSEED MEAL** is made from freshly cold milled flaxseeds.

16 oz (1 lb)	1235C16	\$3.39
Case 4-16 oz (4.5 lbs)	1235C164	*\$12.19
32 oz (2 lbs)	1235C32	\$5.59
Case 4-32 oz (8.5 lbs)	1235C324	*\$20.09
25 lb (25 lbs)	1235B25	\$46.40
16 oz (1 lb) Org.	6032C16	\$4.49
Case 4-16 oz (4.5 lbs) Org.	6032C164	*\$16.09
32 oz (2 lbs) Org.	6032C32	\$8.09
Case 4-32 oz (8.5 lbs) Org.	6032C324	*\$29.09
25 lb (25 lbs) Org.	6032B25	\$64.80

GF **GOLDEN FLAXSEED MEAL** is made from freshly cold-milled golden flaxseeds.

16 oz (1 lb)	1236C16	\$3.99
Case 4-16 oz (4.5 lbs)	1236C164	*\$14.29
25 lb (25 lbs)	1236B25	\$53.70
16 oz (1 lb) Org.	6035C16	\$5.09
Case 4-16 oz (4.5 lbs) Org.	6035C164	*\$18.29
32 oz (2 lbs) Org.	6035C32	\$8.29
Case 4-32 oz (8.5 lbs) Org.	6035C324	*\$29.69
25 lb (25 lbs) Org.	6035B25	\$75.90

GF **HULLED HEMP SEED** may be one of nature's most perfect foods. Contains Omega-3 and Omega-6 fatty acids, and complete protein.

12 oz (1 lb)	2900C12	\$13.49
Case 4-12 oz (3 lbs)	2900C124	*\$48.49

A few of our favorite smoothie recipes

OATMEAL COOKIE



1/2 cup	Chai Protein Powder
1 cup	Vanilla Almond Milk
2	Medjool Dates
1/2 cup	Rolled Oats
1/2 cup	Ice Cubes

Just combine all of the ingredients in a blender.



ALMOND MOCHA



1/2 cup	Chocolate Protein Powder
1 cup	Vanilla Almond Milk
2 tsp	Instant Coffee
2 Tbsp	Sliced Almonds
1/2 cup	Ice Cubes

Just combine all of the ingredients in a blender.

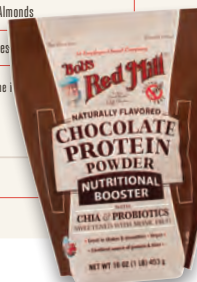


PEANUT BUTTER BANANA



1/2 cup	Chocolate Protein Powder
1 cup	Milk
1 Tbsp	Peanut Butter
1	Banana
1/2 cup	Ice Cubes

Just combine all of the ingredients in a blender.





HAZELNUT FLOUR is made from ground whole Oregon hazelnuts.

14 oz (1 lb)	1811C14	\$16.99
Case 4-14 oz (4 lbs)	1811C144	*\$60.99
25 lb (25 lbs)	1811B25	\$298.50

HEMP PROTEIN POWDER contains all of the essential amino acids the body needs. One serving delivers a whopping 14g of protein and 8g of fiber.

16 oz (1 lb)	2903C16	\$11.69
Case 4-16 oz (4.5 lbs)	2903C164	*\$42.09

OAT BRAN CEREAL is a deliciously smooth, high fiber cereal milled from oats. Available in regular and organic.

18 oz (1.25 lbs)	1350C18	\$2.99
Case 4-18 oz (5 lbs)	1350C184	*\$10.69
40 oz (2.5 lbs)	1350C40	\$5.99
25 lb (25 lbs)	1350B25	\$42.90



18 oz (1.25 lbs) Org.	6051C18	\$4.19
Case 4-18 oz (5 lbs) Org.	6051C184	*\$15.09



SOY PROTEIN POWDER is a nourishing source of vegetable protein which is highly digestible.

14 oz (1 lb)	1512C14	\$9.59
Case 4-14 oz (4 lbs)	1512C144	*\$34.49
28 oz (1.75 lbs)	1512C28	\$12.79
Case 4-28 oz (7.5 lbs)	1512C284	*\$52.89
25 lb (25 lbs)	1512B25	\$158.40

WHEY PROTEIN POWDER is a high-quality, complete protein with all of the essential amino acids. Dissolves instantly.

12 oz (.75 lb)	1289C12	\$14.99
Case 4-12 oz (3.5 lbs)	1289C124	*\$53.69

PUMPKIN SEEDS are delicious and a good source of protein and minerals.

16 oz (1 lb)	1446C16	\$11.59
Case 4-16 oz (4.5 lbs)	1446C164	*\$41.49
24 oz (1.5 lbs)	1446C24	\$18.49
Case 4-24 oz (6.5 lbs)	1446C124	*\$66.59
25 lb (25 lbs)	1446B25	\$203.50

RAW SHELLED SUNFLOWER SEEDS are delicious as a snack and as an addition to breads, cakes, cookies and muffins.

20 oz (1.25 lbs)	1526C20	\$4.29
Case 4-20 oz (5.5 lbs)	1526C204	*\$15.39
25 lb (25 lbs)	1526B25	\$58.30

WHEAT BRAN is the outer layer of the wheat kernel and an excellent source of natural dietary fiber.

8 oz (.5 lb)	1580C08	\$1.69
Case 4-8 oz (2 lbs)	1580C084	*\$5.99
20 oz (1.25 lbs)	1580C20	\$2.49
Case 4-20 oz (5.5 lbs)	1580C204	*\$8.89
25 lb (25 lbs)	1580B25	\$21.00

WHEAT GERM is the nutritional heart of the wheat berry.

12 oz (.75 oz)	1585C12	\$2.49
Case 4-12 oz (3 lbs)	1585C124	*\$8.89
32 oz (2 lbs)	1585C32	\$3.99
Case 4-32 oz (8.5 lbs)	1585C324	*\$14.29
25 lb (25 lbs)	1585B25	\$30.10



NUTRITIONAL YEAST is grown on enriched purified cane and beet molasses and is fortified with vitamin B-12. It is an ideal vegetarian support formula and has an appealing cheese flavor.

8 oz (.5 lb) Large Flake	1594C08	\$8.79
Case 4-8 oz (2 lbs)	1594C084	*\$31.59
25 lb (25 lbs) Large Flake	1594B25	\$266.40



ORANGE JUICIEST

1/2 cup	Vanilla Protein Powder
1 cup	Orange Juice
6 oz	Vanilla Yogurt
1/2 cup	Ice Cubes

ingredients in a blender.

VANILLA PROTEIN POWDER
BOB'S RED MILL



TROPICAL BREEZE

1/2 cup	Vanilla Protein Powder
1/2 cup	Coconut Milk
1/4 cup	Pineapple Juice
1/2 cup	Mango Chunks
1	Banana

Just combine all of the ingredients in a blender. Fruit can be fresh or frozen.



VANILLA PROTEIN POWDER
BOB'S RED MILL



GREEN MACHINE

1/2 cup	Protein & Fiber Booster
2 cups	Apple Juice
1 cup	Spinach
1/2	Avocado
1 cup	Chopped Apple

Just combine all of the ingredients in a blender.



*case price reflects a 10% discount • prices subject to change

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- Baking Soda 10, 17
- Barley Flour 4
- Barley, Pearl 34
- Barley, Rolled Flakes 23
- Barley, Whole Hull-less 34
- Bean Soup Seasoning Mix 39
- Black Bean Flour 4, 15
- Black Turtle Beans 37
- Blueberries 11
- Bountiful Black Bean Soup Mix 39
- Bread Mix, 10 Grain 20
- Bread Mix, 100% Whole Wheat 20
- Bread Mix, Irish Soda 20
- Bread Mix, Low-Carb 20
- Bread Mix, Potato 20
- Bread Mix, Rye 20
- Brown Rice Farina 16, 23
- Buckwheat Cereal, Organic Creamy 16, 24
- Buckwheat Flour, Organic 5
- Buckwheat Groats, Organic 18, 34
- Bulgur, Red 34
- Bulgur, Golden 34
- Buttermilk Biscuit Mix 20
- Cake Flour, Super-Fine 8
- Cannellini Beans 37
- Caraway Seeds, Whole 40
- Carob Powder, Toasted 10, 44
- Chai Protein Powder 43
- Chana Dal 37
- Cherries 11
- Chia Seed 18, 40, 44
- Chocolate Protein Powder 43
- Coconut Flakes 11, 41
- Coconut Flour, Organic 15
- Coconut, Fine Macaroon 11, 41
- Coconut, Shredded 11, 41, 44
- Corn Flour 5
- Corn Grits, White 35
- Corn Grits/Polenta 35
- Corn, Whole Yellow 34
- Cornmeal, Coarse Grind 5
- Cornmeal, Fine Grind 5
- Cornmeal, Medium Grind 5
- Cornmeal, Medium Grind, Blue 6
- Cornmeal, Medium Grind, White 6
- Cornstarch 10, 17
- Cranberries 11
- Cranberry Beans 37
- Currants 11
- Date Crumbles 12
- Date Pieces 12
- Diced Apples 11
- Egg Replacer, Vegetarian 10
- Extra Thick Rolled Oats 30
- Farina, "Creamy" Wheat Cereal 25
- Farina, Brown Rice Cereal 16, 23
- Farina, Whole Wheat Cereal 25
- Farro, Organic 35
- Fava Bean Flour 6
- Fava Beans 37
- Flageolet Beans 37
- Flaxseed 18, 40
- Flaxseed Meal 15, 44
- Flaxseed Meal, Golden 15, 44
- Flaxseed, Golden 18, 40
- Freekeh, Organic Cracked 35
- Fruit & Seed Muesli 24
- Garbanzo & Fava Bean Flour 6, 15
- Garbanzo Bean Flour 6, 15
- Garbanzo Beans 37
- GF 1-to-1 Baking Flour 4, 14
- GF 8 Grain Hot Cereal 16, 23
- GF All-Purpose Baking Flour 4, 14

● GF Biscuit & Baking Mix	13, 21	High Fiber Cereal, Organic	24
● GF Brownie Mix	13, 21	Instant Rolled Oats	30
● GF Chocolate Cake Mix	13, 21	Ivory Wheat® Flour, Organic	8
● GF Chocolate Chip Cookie Mix.	13, 22	Kamut® Berries, Organic	35
● GF Cinnamon Raisin Bread Mix.	13, 22	Kamut® Cereal, Organic	24
● GF Corn Flour	5, 15	Kamut® Flour, Organic	6
● GF Corn Grits/Polenta	5, 35	Kasha, Organic	35
● GF Cornbread Mix	13, 22	Large Lima Beans.	38
● GF Cornmeal.	5, 15	Lentils	37
● GF Egg Replacer.	10	Masa Harina Corn Flour	5
● GF Extra Thick Rolled Oats.	19, 31	Milk Powder, Buttermilk	12
● GF Garbanzo & Fava Bean Flour	6, 15	Milk Powder, Non-Fat Dry.	12
● GF Hearty Whole Grain Bread Mix	14, 22	● Millet Flour.	6, 15
● GF Homemade Wonderful Bread Mix.	14, 22	● Millet Grits/Meal	16, 24
● GF Masa Harina Corn Flour	5, 15	● Millet, Hulled	18, 35
● GF Mighty Tasty Hot Cereal	16, 24	Muesli, Fruit & Seed	24
● GF Muesli	17, 24	● Muesli, GF European Style.	17, 24
● GF Muffin Mix	14, 22	● Muesli, GF Tropical.	24
● GF Oat Bran	19, 31	Muesli, Old Country Style	24
● GF Oat Flour	6, 15	● Muesli, Paleo Style	17, 24
● GF Oatmeal Single Serving Cups	19, 31	Muffin Mix, Cornbread & Cornmeal	21
● GF Old Fashioned Rolled Oats	19, 31	Muffin Mix, Oat Bran & Date Nut	21
● GF Pancake Mix	14, 22	Mung Beans.	38
● GF Pie Crust Mix.	14, 22	Navy Beans.	38
● GF Pizza Crust Mix	14, 22	● Nutritional Yeast	11, 17, 45
● GF Quick Cooking Oats	19, 31	● Oat Bran Cereal	19, 30
● GF Scottish Oatmeal	19, 31	Oat Flour.	6
● GF Shortbread Cookie Mix.	14, 22	Oat Groats, Whole	35
● GF Sorghum Flour	7, 16	● Oatmeal Cup, Apple Cinnamon.	19, 31
● GF Steel Cut Oats	19, 31	● Oatmeal Cup, Blueberry Hazelnut.	19, 31
● GF Tropica Muesli	17, 24	● Oatmeal Cup, Classic	19, 31
● GF Vanilla Cake Mix	14, 22	● Oatmeal Cup, Maple Brown Sugar	19, 31
Golden Couscous	36	Old Fashioned Rolled Oats.	19, 30
Graham Flour	6	Orca Beans	38
Granola, "Apple Strawberry.	26	● Paleo Baking Flour.	6, 15
Granola, Apple Blueberry	26	● Paleo Style Muesli	17, 24
● Granola, Apple Blueberry, GF	16, 26	Pancake & Waffle Mix, 10 Grain	21
Granola, Apple Cinnamon.	26	Pancake & Waffle Mix, Buckwheat	21
Granola, Cinnamon Raisin.	26	Pancake & Waffle Mix, Buttermilk	21
Granola, Crunchy Coconut.	26	Pancake & Waffle Mix, Organic 7 Grain	21
Granola, Honey Almond	26	Pancake & Waffle Mix, Organic Cornmeal	21
Granola, Honey Oat	26	Pancake Mix, Organic High Fiber	21
● Granola, Honey Oat, GF.	16, 26	Pastry Flour, Unbleached White Fine	8
Granola, Classic	26	● Pea Protein Powder	43
Great Northern Beans	37	Petite French Green Lentils	38
Green Split Peas.	38	Pinto Beans	39
● Guar Gum.	10	● Popcorn	34
● Hazelnut Flour	6, 15, 45	Potato Flakes	10
Hemp Protein Powder	45	Potato Flour	6, 15
● Hemp Seed.	18, 40, 45	● Potato Starch	11, 17

● Protein & Fiber Booster	43	Spelt Flakes, Rolled	25
● Psyllium Fiber Powder	43	Spelt Flour	7
Pumpkin Seeds	40, 45	Spelt Flour, Light	7
● Quick Cooking Rolled Oats	19, 30	● Steel Cut Oats	19, 30
Quick Cooking Steel Cut Oats	31	Sugar, Brown	12
● Quinoa Flour, Organic	6, 15	Sugar, Cane	12
● Quinoa, Organic	18, 35	Sugar, Date	12
● Quinoa, Organic Red	18, 35	Sugar, Organic Coconut	12
● Quinoa, Organic Tricolor	18, 35	Sugar, Sparkling	12
Raisins	12	Sugar, Turbinado, Coarse	12
Red Kidney Beans	37	Sugar, Turbinado, Fine	12
Red Lentils	38	Sunflower Seeds, Raw, Shelled	40, 45
● Rice Bran	17, 24	● Tapioca Flour	8, 16
● Rice Flour, Brown	7, 16	● Teff Flour	8, 16
● Rice Flour, Sweet White	7, 16	● Teff, Whole Grain	18, 36
● Rice Flour, White	7, 16	Textured Soy Protein, Organic	39
Rice, Basmati Brown	35	Triticale Flakes, Rolled	25
Rice, Basmati White	35	TVP® (Textured Vegetable Protein)	39
Rice, Brown Medium Grain	35	● Vanilla Protein Powder	43
Rice, Brown Short Grain	36	Vegi Soup Mix	39
Rice, Brown Sweet	36	Vital Wheat Gluten	10
Rice, Country Blend	36	Wheat Berries, Hard Red	36
Rice, Long Grain Brown	35	Wheat Berries, Organic Hard White	36
Rice, White Sweet	36	Wheat Berries, Soft White	36
Rice, Wild	36	Wheat Bran	25, 45
Rice, Wild & Brown Rice Mix	36	Wheat Germ	25, 45
Rye Berries, Organic	36	Wheat, Cracked	24
Rye Flakes, Rolled	24	Whey Protein Concentrate	45
Rye Flour, Dark, Organic	7	Whey, Sweet Dairy	12
Rye Flour, Light (Unbleached)	7	● White Bean Flour	8
Rye Meal, Pumpernickel Dark, Organic	7	Whole Grains & Beans Soup Mix	39
Rye, Organic Cracked	24	Whole Grain Medley	36
Scone Mix, Scottish Oatmeal	21	Whole Oat Groats	35
● Scottish Oatmeal	19, 31	Whole Wheat Flour	8
Sea Salt	11	Whole Wheat Pastry Flour	8
Semolina	7	● Xanthan Gum	11, 17
Sesame Seeds, Brown	40	Yellow Split Peas	39
Sesame Seeds, White	40		
Small Pearl Tapioca	11		
Small Red Beans	39		
Small White Beans	38		
● Sorghum Flour	7, 16		
● Sorghum Grain	36, 18		
Sourdough Starter, Goldrush	10		
Soy Beans	38		
Soy Flour	7		
● Soy Lecithin Granules	10, 17		
● Soy Protein Powder	45		
Spelt Berries	36		

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