



PRODUCT GUIDE

HIGH-QUALITY FLOURS, MIXES, AND GRAINS





FLOUR.
MIXES.
GRAINS.



The image shows two slices of toasted bread on a dark, textured plate. The bread is topped with a spread of butter, drizzled with honey, and garnished with several pecan halves and fresh thyme leaves. The plate is set against a rustic, blue-painted wooden background. A decorative white line with a stylized leaf or feather motif is positioned at the top left of the image.



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COMPANY OVERVIEW

Who We Are

Panhandle Milling specializes in transforming grains and seeds grown on the farm into flavorful products on the shelf. With outstanding farmer relationships and capabilities that include grain cleaning, milling, blending and private label packaging, we create real solutions for today's food companies. The family atmosphere of our company, the passion of our staff and the entrepreneurial spirit embedded in our culture makes Panhandle more than an ingredient provider, but truly a food creation partner. In-house customized formulation coupled with our superior conventional and organic products assures that you get consistently high-quality products that we can both stand behind.

SERVICES

- Custom Co-Manufacturing Services
- Grain Cleaning
- Toll Milling
- Mixing & Blending
- Private Label
- Packaging

History



1945

Our story begins with Harold Dillehay, who was raised in Vega, Texas and started working at a grain elevator at age 11.



1965

Dillehay continues to work his way up in the flour and milling industry, eventually opening Panhandle Milling's first facility in Panhandle, Texas.



1986

With grain production experience, Dillehay gained investors and is able to produce wheat to meet the demands of mid-sized bakeries in the El Paso area.



1992

Panhandle Milling opens a corn cleaning plant for the food grade industry.



2016

Panhandle Milling is obtained by the present owners and expansions have been non-stop from increased flour business, improved packaging equipment, and custom grain cleaning.



Custom Co-Manufacturing

Our state-of-the art facilities offer custom solutions to make bringing a product to life easy for you. Rather than seeking co-manufacturing services from several companies we have facilities that create a one-stop-shop for retailers and food manufactures.



Grain Cleaning

We have a dedicated grain cleaning facility that was designed to clean grains and corn straight from the farm. We partner with growers and distributors to transform raw ingredients and remove chaff, dirt, rocks and foreign particles.



Toll Milling

You send us grain or provide us with your product specifications. From there, we will mill the flour and ship it to you. We specialize in milling both white flour and whole wheat.



Mixing & Blending

Our state-of-the-art blending equipment can introduce up to 25% fat content into your dry mix. From high-fat tortilla mixes to a basic pizza mix. We can produce conventional, organic and non-GMO blends.



Cereal Extrusion

We offer extruded cereal flakes. Our cereal flakes can be custom formulated, or we can supply our stock products. From gluten-free buckwheat flakes to sugar-coated corn flakes our BRC certified facility produces top-quality cereals. In addition to gluten-free, we offer organic certified ingredients. We can supply the cereals in bulk wholesale quantities or private label in pouches, pillow bags, or bag-in-box formats.

PACKAGING SOLUTIONS FROM START TO FINISH





Private Labeling

Our co-manufacturing capabilities extend to our private label offerings. As sales and volume grow for your brand, we have the capacity to produce your ingredients under your label. We work with grocery stores and food service distributors throughout the U.S. to create top-of-the-line brands.



Packaging Solutions

With years of experience and the capabilities to package in-house, we offer private label and specialty pack solutions. These packaging solutions include pillow pack, preform zipper pouches, stand-up pouches, form-fill-seal, and super sacks. We can package flour, grains, corn, seeds, and cereal.

PARTNERSHIPS

We work with some of the largest names in the food industry while still focusing on even our smallest customers.



LOW-MICROBE AND READY-TO-EAT PRODUCTS

Revolutionary Food Safety Technology

THE SAFE CHOICE

Utilizing PHM Safe's innovative Guardian™ technology, at our facilities, we treat grains, seeds, and flour to eliminate pathogens. Our process does not change the functionality, nutrition, or ingredient declaration of the finished products. If you are looking for brand protection for your retail products or finished goods, we are your source for safe ingredients. Sold under our Ingredient Integrity brand the finished grain, seed, or flour is available as a reduced microbial product or can be further treated and validated for Ready-to-Eat (RTE) applications.

Benefits:

- ✓ Non-GMO and Organic Friendly
- ✓ FDA Compliant
- ✓ No Harsh Chemicals
- ✓ Environmentally Friendly
- ✓ No Residuals
- ✓ Preserves Functionality
- ✓ Processing Aid



Grains & Seeds

In foods like granola, smoothies, and cold-pressed bars grains and seeds have become popular inclusions. Traditionally these finished food products do not undergo what is called a kill-step. Meaning that pathogens found in the raw agricultural ingredients are not reduced to safe levels.



Flour

Recalls on flour containing Salmonella or E. Coli has cost companies millions of dollars over the past five years. We offer low-micro flour for brand protection or RTE flour for complete peace of mind. Our treated wheat flours maintain functionality, nutrition, Organic and Non-GMO status throughout our process.



CERTIFICATIONS

Our facilities are built and maintained to meet top quality standards. We follow international GFSI regulations and are BRC certified. To meet the needs of each of our customers we offer Organic, Kosher, Non-GMO, and Gluten-Free certified products.













OUR PRODUCTS












*Professional-grade products milled
with the attention and care of the
home baker in mind.*

WHEAT FLOURS

PRODUCT	NAME & DESCRIPTION	APPLICATIONS	PROTEIN	ASH
	All-Purpose Flour A tried-and-true staple for any baker, our All Purpose Flour is your most versatile kitchen cabinet dweller. Bleached, Unbleached, and Enriched available. VEGAN KOSHER	Yeastied Sandwich Breads, Dinner Rolls, Breakfast Pastry, Cookies, Muffins, Sweet Breads, Pie Crust, Doughnuts	9% - 11.5%	0.52% - 0.58%
	Artisan Bread Flour (Baker's Patent) Wheat Flour milled from selected stocks of cleaned and tempered, hard wheat, grown in the United States. VEGAN KOSHER	Yeastied Sandwich Breads, Dinner Rolls, Breakfast Pastry, Doughnuts, Sourdough, Pizza	10.7% - 11.8%	0.52% - 0.58%
	Farina Farina, sometimes called creamy wheat, is milled from the heart of the wheat kernel. ORGANIC VEGAN KOSHER	Yeastied Sandwich Breads, Dinner Rolls, Breakfast Pastry, Doughnuts	10% - 12%	--
	High Gluten Flour This flour is bread baker's best friend with a finely milled texture and an excellent hydration. Bleached, Unbleached, and Enriched available. VEGAN KOSHER	Bagels, Pretzels, Multigrain Breads, Multi-grain Bagels, Rolls high protein pizza crust	12.5% - 13.6%	0.52% - 0.58%
	Hotel & Restaurant Flour A tried-and-true staple for any restaurant and hotel, Panhandle Milling's Hotel and Restaurant Flour is your most versatile kitchen cabinet dweller. VEGAN KOSHER	Bake fluffy biscuits, mouth-watering scones, and flaky pie crusts	10.3% - 11.4%	0.52% - 0.58%
	Kamut All-Purpose Flour 100% organic ancient grain kamut flour milled from organic certified, cleaned and tempered kamut wheat. ORGANIC VEGAN KOSHER NON-GMO 	Yeastied Sandwich Breads, Dinner Rolls, Breakfast Pastry, Cookies, Muffins, Sweet Breads, Pie Crust, Doughnuts	12% - 14%	0.6% - 0.7%
	Organic All-Purpose Flour Organic flour isn't just a trend, it's a clean-eating way of life! This all-purpose flour is a baker's dream when it comes to consistently perfect finished products. ORGANIC VEGAN KOSHER NON-GMO	Yeastied Sandwich Breads, Dinner Rolls, Breakfast Pastry, Cookies, Muffins, Sweet Breads, Pie Crust, Doughnuts	9% - 11.5%	0.52% - 0.58%
	Organic Bread Flour This organic flour has just the right protein content for optimal hydration and gluten development allowing you to create the ideal doughs. ORGANIC VEGAN KOSHER NON-GMO	Yeastied Sandwich Breads, Dinner Rolls, Breakfast Pastry, Doughnuts	12.5% - 12.9%	0.58% - 0.62%
	Tortilla Flour Don't think this flour is just for tortillas, it is also fantastic for any specialty flat-bread, pizza, or cracker on your menu. Bleached, Unbleached, and Enriched available. VEGAN KOSHER	Flour Tortilla, Multigrain Tortillas, Yeasted Flat Bread, Pizza Crust, Crackers	10.3% - 11.4%	0.52% - 0.58%

WHEAT FLOURS

PRODUCT	NAME & DESCRIPTION	APPLICATIONS	PROTEIN	ASH
	Vital Wheat Gluten Gluten, a naturally occurring protein in wheat, is a baker's best friend. Our Vital wheat gluten is a powdered form of wheat gluten. <div> VEGAN KOSHER NON-GMO KETO </div>	Yeast Breads, Dinner Rolls, Low-Carb Tortillas, Low-Carb Breads, Seitan	75% min	--
	White Whole Wheat All-Purpose Flour Blend This All-Purpose flour blend gives you all the benefits of 55% whole wheat without having to adapt any of your recipes! Cup-for-cup identically to regular All-Purpose flour. <div> WHOLE GRAIN VEGAN KOSHER NON-GMO </div>	Yeast Breads, Dinner Rolls, Low-Carb Tortillas, Low-Carb Breads, Seitan	12.5%	1.4%
	Whole Barley Flour Barley is revered for its rich, nutty flavor. Barley is one of the highest fiber grains with nearly 15% of which more than 4% is beta-glucan soluble fiber. <div> ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN </div>	Yeast Breads, Dinner Rolls	--	--
	Whole Einkorn Wheat Flour  Our Whole Einkorn Flour can be used as a substitute for traditional whole wheat flour in your favorite recipes. <div> ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN </div>	Rich-Tasting Breads	--	--
	Whole Emmer Wheat Flour  Like most ancient grains, Emmer has great nutritional properties. Emmer is high in fiber, protein, calcium, iron, and Vitamins A and C. <div> ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN </div>	Rich-Tasting Breads	--	--










White Whole Wheat All-Purpose Blend





WHEAT FLOURS






Whole Spelt Flour

PRODUCT	NAME & DESCRIPTION	APPLICATIONS	PROTEIN	ASH
	Whole Kamut Wheat Flour  The Kamut® brand guarantees that this wheat has never been hybridized or genetically modified and is always organic. ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN	Pastas, Breads, and other delicious baked goods	12.5% - 13.5%	--
	Whole Rye Flour Rye has a long history of use across Europe where it is still popular today. Rye has 14-15% fiber, of which about 1/3rd is arabinoxylan soluble fiber. ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN	Wholesome Breads, Crispbreads, Multigrain Breads, Savory Scones, Pancakes	--	--
	Whole Spelt Flour  The nutritional profile of spelt is similar to modern wheat varieties, providing fiber, B-vitamins, and iron. ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN	Wholesome Breads and Cakes	--	--
	Whole Wheat Flour Freshly milled and free of bitter flavors, this whole wheat flour is a nutritional powerhouse. ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN	Whole Grain Yeasted Breads, Dinner Rolls, Whole Grain Tortillas, Whole Grain Crackers, Sandwich Loaves, Pitas, Flat Breads, Muffins, Cookies, and Pie Crusts	11.9% - 13%	1.4% - 1.8%
	Whole Wheat Pastry Flour Milled from Organic Soft White Wheat, Whole Wheat Pastry Flour's lower protein content and lighter color make it perfect for use in cakes, pastries and more! ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN	Pastry, Cakes, Muffins, Cookies, Waffles, Pancakes	--	--
	White Whole Wheat Flour Panhandle's whole white wheat flour is a must for light wheat tasting whole grain bread, roll, tortilla, or cookie with a pronounced wheat flavor profile. ORGANIC VEGAN KOSHER NON-GMO WHOLE GRAIN	Whole Grain Yeasted Breads, Dinner Rolls, Whole Grain Tortillas, Whole Grain Crackers, Sandwich Loaves, Pitas, Flat Breads, Muffins, Cookies, and Pie Crusts	11.9% - 13%	1.4% - 1.8%
	Wood Fire Pizza Flour This premium high-gluten flour is specially milled for optimal hydration and fermentation. VEGAN KOSHER	Pizza Crust, Bagels, Hard Rolls, Kaiser Rolls, Hearth Breads, European Crusty Bread	13% (+/- 0.5%)	--

GLUTEN-FREE FLOURS

PRODUCT	NAME & DESCRIPTION	CERTIFICATIONS
	Almond Flour Our fine-ground almond flour is easy to use and has a mild, delicate flavor. It is the ideal texture for all your gluten-free, low-carb, and paleo baking needs. It is prized by pastry chefs for perfect French macarons, traditional frangipane tarts, and marzipan. Baked goods made with almond flour generally will have a longer shelf-life because of the flour's higher fat content.	NON-GMO GLUTEN-FREE KETO PALEO
	Amaranth Flour Despite being one of the smallest grains, amaranth has a long and rich history dating back to ancient Aztec civilization. Like quinoa, the protein in amaranth has a good balance of essential amino acids and, compared to many other grains, amaranth is higher in mineral content. Most notably, this small-but-mighty grain is a great source of iron, zinc and calcium.	NON-GMO GLUTEN-FREE KETO PALEO WHOLE GRAIN ORGANIC
	Blue Corn Masa Derived from organic blue corn that has gone through a lime nixtamalization. Our Blue Corn Masa is free of preservatives and other additives. With a rich blue color our Blue Corn Masa is ideal for use in blue corn tortillas and chips.	NON-GMO GLUTEN-FREE KETO PALEO
	Buckwheat Flour Buckwheat is a naturally gluten-free whole grain that originated in Southeast Asia. Now, Buckwheat is an increasingly popular gluten-free grain that is actually not in the wheat family, contrary to its name. Whole Buckwheat Flour is a great ingredient to use in pastas, pizza crusts, crepes, breads and more!	NON-GMO GLUTEN-FREE KETO PALEO WHOLE GRAIN ORGANIC
	Coconut Flour Our fine-ground coconut flour is easy to use and has a mild coconut flavor. It is the ideal texture for all your gluten-free, low-carb, and paleo baking needs. High in fiber, it absorbs liquid quickly and can be your best friend for helping extend the shelf-life of your baked goods.	NON-GMO GLUTEN-FREE KETO PALEO ORGANIC
	Millet Flour Millet is a great source of magnesium and phosphorus. Millet can be cooked like rice and is a heart-healthy addition to any meal. It is said that eating Millet can help with decreasing inflammation. Millet is commonly eaten in other parts of the world such as India.	NON-GMO GLUTEN-FREE KETO PALEO WHOLE GRAIN ORGANIC
	Oat Flour Whole Oat Flour contain beta-glucan soluble fiber which helps you feel full and may also help lower cholesterol. The sweet, mild, nutty flavor of oats makes it ideal for use in gluten-free baking.	NON-GMO GLUTEN-FREE KETO PALEO WHOLE GRAIN ORGANIC
	Quinoa Flour Known for its protein quality, quinoa has a good balance of the essential amino acids, as well as iron, potassium, B-vitamins and other nutrients, making it a smart addition to any plant-based diet. Quinoa was praised by the ancient Incas as the "mother of all grains".	NON-GMO GLUTEN-FREE KETO PALEO WHOLE GRAIN ORGANIC

GLUTEN-FREE FLOURS

PRODUCT	NAME & DESCRIPTION	CERTIFICATIONS
	Rice Flour Rice Flour for all your baking adventures! Whole grain rice flour is freshly milled in our mill giving your fresh and tasty flour. Rice Flour has a starch type texture and is ideal for gluten-free flour blends. Available in white and brown varieties.	<div>NON-GMO</div> <div>GLUTEN-FREE</div> <div>KETO</div> <div>PALEO</div> <div>WHOLE GRAIN</div> <div>ORGANIC</div>
	Sorghum Flour Sorghum Flour is a milled form of the naturally gluten free grain Sorghum. Sorghum originates out of Africa and is a great alternative to whole wheat flour. Sorghum is naturally gluten free and has a mild flavor.	<div>NON-GMO</div> <div>GLUTEN-FREE</div> <div>KETO</div> <div>PALEO</div> <div>WHOLE GRAIN</div> <div>ORGANIC</div>
	White Corn Masa Derived from white corn that has gone through a lime nixtamalization. Our White Corn Masa is free of preservatives and other additives. Ideal for use in white corn tortillas, chips, and tamales.	<div>NON-GMO</div> <div>GLUTEN-FREE</div> <div>KETO</div> <div>PALEO</div>
	Yellow Corn Masa Derived from yellow corn that has gone through a lime nixtamalization. Our Yellow Corn Masa is free of preservatives and other additives. Ideal for use in yellow corn tortillas, chips, and tamales.	<div>NON-GMO</div> <div>GLUTEN-FREE</div> <div>KETO</div> <div>PALEO</div>
	Yellow Corn Meal Yellow Corn Meal is milled from premium Non-GMO corn. One of the most well-loved grains in the country, yellow corn is a staple on the American table whether it be milled for classic Southern cornbread or cracked and used as a breakfast cereal like grits. Our corn will always have a clean flavor free from any bitterness or off-notes because it is always fresh.	<div>NON-GMO</div> <div>GLUTEN-FREE</div> <div>KETO</div> <div>PALEO</div> <div>ORGANIC</div>

Yellow Corn Meal Polenta






CATEGORY	PRODUCT	NAME & DESCRIPTION
GENERAL BAKING MIXES		Unbleached Baking Mix All-purpose baking mix. Can be used for pancakes, biscuits, scones, muffins, and more. Key Features: Unbleached Enriched Flour, Reduced Sodium, Non-Aluminum Leavening, and Vegan
		Gluten-Free All-Purpose Made from a blend of gluten-free flours our Gluten-Free All Purpose baking mix is ideal for use in pancakes, breads, and general baking.
		Multigrain and Seed Baking Mix Made with six whole grain flours (wheat, oats, buckwheat, rye, barley, sorghum) and unbleached wheat flour with chia seeds. Ideal for pancakes, biscuits, scones, muffins, and more.
		Ancient Grain Flour Blend Blend of seven organic whole grain flours (spelt wheat, oats, Kamut brand wheat, amaranth, millet, white quinoa, sorghum). Hearty whole grain flavor. Replace a portion of wheat flour in your favorite recipes for added flavor, heartiness, and nutrition. Organic and Vegan
		Multigrain Blends Our state-of-the-art grain cleaning and blending facility creates whole grain blends in whole grain, gluten-free, or traditional varieties.
BREAKFAST MIXES		Complete Pancake Mix Made with unbleached, enriched flour, cane sugar, leavening and other ingredients for pancakes, waffles, and other recipes. Can be prepared with water only.
		Buttermilk Pancake Mix Made with unbleached, enriched flour and buttermilk with a slightly sweet, light vanilla flavor. Can be prepared with milk and eggs, or with water only.
		Toasted Coconut Pancake Mix Made with toasted, sweetened coconut and buttermilk for a delicious spin on pancakes and waffles. Key Features: Unbleached Enriched Flour, Non-Aluminum Leavening, and Natural Flavors
		Multigrain Buttermilk Pancake Mix Made with eight organic whole grain flours (wheat, spelt wheat, oats, Kamut brand wheat, amaranth, millet, white quinoa, sorghum) and organic all-purpose wheat flour with organic butter-milk, leavening and other ingredients for pancakes, waffles, and other recipes.

MIXES








Protein Pancake Mix

BREAKFAST MIXES

CATEGORY	PRODUCT	NAME & DESCRIPTION
BREAKFAST MIXES		<div>Multigrain & Chia Pancake Mix</div> <div>Multigrain and Chia Pancake mix gives you the nutrition of whole grains and chia, but with the flavor of home style pancake mix. Simply add milk and eggs for delicious pancakes every morning. This mix can be used in many cookie, cobblers, and muffins as well.</div> <div>WHOLE GRAIN</div>
		<div>Protein Pancake Mix</div> <div>Made with five whole grains (white wheat, oats, barley, rye, buckwheat), along with whey protein, buttermilk, leavening and other ingredients for pancakes, waffles, and more. Hearty whole grain flavor.</div>
		<div>Cinnamon Oat Protein Pancake Mix</div> <div>Made with whole grains along with a protein boost for pancakes, waffles, and more. Lightly sweetened, plus a touch of cinnamon gives this mix a tasty spin on breakfast.</div>
		<div>Biscuit Mix</div> <div>Made with unbleached, enriched flour, shortening, leavening, and salt for quick and easy biscuits, scones, and more.</div>

CATEGORY	PRODUCT	NAME & DESCRIPTION
MUFFIN MIXES		Muffin Mix Base The ideal base for bakeries to assure their muffin's are consistent in quality and taste no matter how which employee is making the batch.
		Cornbread Mix Our cornbread mix has just the right amount of sweetness to complement the fresh-milled corn's texture in a tender fluffy cake. Just add egg and milk. Available in organic as well.
		Corn Muffin Mix Similar to our signature cornbread mix, our corn muffin mix is formulated specifically for the shape and texture of a muffin.
		Lemon Poppy Seed Muffin Mix Utilizing natural lemon flavor and high quality poppy seeds our pre-formulated lemon poppy seed muffin mix keeps preparation simple and consistent.
DESSERT MIXES		Chocolate Brownie Mix Our basic chocolate brownie mix captures a chocolaty flavor while staying slightly airy and sponge like in texture.
		Fudge Brownie Mix More dense than our chocolate brownie mix, our fudge brownie mix has a rich chocolate flavor as well as a gooey fudge like texture.
		Protein Brownie Mix Protein mixed with chocolate allows nutritional functionality to blend with rich flavor. Our protein brownie mix makes it easy for bakeries and distributors to introduce a protein packed mix.
		Mug Microwaveable Brownie Mix Our low-micro flour allows companies to enter the microwaveable dessert market without worrying about food safety concerns.
		Chocolate Cake Mix Utilizing soft flour and rich chocolate our formulated chocolate cake mix creates a soft sponge like cake for bakeries

MIXES

CATEGORY	PRODUCT	NAME & DESCRIPTION
DESSERT MIXES		Vanilla Cake Mix Our vanilla cake mix is a simple easy-to-bake staple for every bakery. Made from premium soft wheat flour.
		Angel Food Cake Mix Formulated with just the right balance of ingredients our angel food cake mix creates the right amount of rise while still creating the lightly crispy sugared top.
		Pumpkin Spice Cake Mix Enhance your holiday baking with a pre-formulated pumpkin spice cake mix that will enhance any autumn menu.
		Sweet Pastry Base Pastry making can be complicated and take a great amount of skill. With our sweet pastry base we make pastry making a little simpler to create consistent products across your baking locations.
		Churro Mix The sweet crunchy texture of a churro is only achieved from the right combination of ingredients. Our churro mix makes a great addition to baking distributors portfolio.
BREAD MIXES		Artisan Pizza Crust Mix Our Artisan Style Pizza Crust Mix is the perfect protein content and consistency for quick crust with the depth of flavor of long raised dough.
		Kamut Thin Crust Pizza Mix Organic Kamut® Thin Crust Pizza Mix unique is that it is derived from ancient Kamut® Wheat Flour. Just add yeast and water.






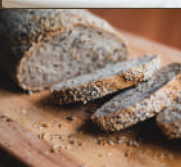
Pumpkin Spice Cake Mix








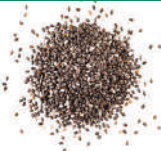






MIXES

Flour Tortilla Mix

CATEGORY	PRODUCT	NAME & DESCRIPTION
BREAD MIXES		Flour Tortilla Mix Tortilla making just got simple with our just-add-water tortilla mix. Made from premium unbleached wheat flour.
		Sweet Dough Base Cinnamon rolls, danishes, and donuts just got a little easier. Our sweet dough base makes consistency possible even with multiple locations.
COOKING MIXES		Corn dog Breading Our fair and theme park inspired corn dog breading creates nostalgia with each flavorful fried bite.
		Gravy Mix Just-add-water gravy mix is ideal for food service. Our gravy mix is easy to make and ideal for use in restaurants.
		Gravy Base From biscuit's and gravy to chicken fried steak our gravy base is versatile enough to be used and customized to meet your recipes.
		Course 9 Grain Blend Our course 9 grain blend combines course milled whole grains for use as a topping or inclusion in baked goods.








GRAINS

PRODUCT	NAME & DESCRIPTION	
	7 Grain Flakes Organic 7 Grain Flakes are made up of Hard Red Wheat, Oat Groats, Triticale Berries, Rye Berries, Dehulled Barley, Soft White Wheat, Spelt Berries that are blended and flaked to produce a cereal rich in protein and fiber. Organic 7 Grain Flakes can be used to make homemade granola for snacking or as a hearty breakfast cereal.	ORGANIC
	Amaranth One of the smallest grains is amaranth which has a history that extends back to the ancient Aztec civilization. Like quinoa, the protein in amaranth has a good balance of essential amino acids resulting in a high biological value.	GLUTEN-FREE ORGANIC
	Brown Flax Seed Organic Brown Flax Seed is your regular fiber rich friend! Flax seed has been shown not only to have soluble and insoluble fiber, but even antioxidants and good fats. Put that in your shake! Organic Flax Seed can be used to add fiber to baked goods, shakes, breakfast cereals, and salads.	ORGANIC
	Brown Jasmine Rice Organic brown Jasmine rice is an aromatic whole grain rice that originates from Thailand. Jasmine was named after the sweet jasmine flower because of its delicate floral scent and buttery flavor.	VEGAN WHOLE GRAIN ORGANIC
	Brown Rice Organic whole brown rice is a staple whole grain that can be used in a variety of dishes. Whole brown rice is the nutritious, whole grain alternative to white rice and has a mild, nutty flavor. Brown rice is a great source of magnesium, selenium, and fiber.	ORGANIC
	Chia Seeds (Black) Organic Black Chia Seeds are great for adding a super punch of fiber, calcium, omega-3 and antioxidants to your meals. Add Chia to muffins, bread or simply in shakes. Chia is often called a superfood, because of its small size but big nutritional properties.	GLUTEN-FREE ORGANIC
	Chia Seeds (White) Organic white chia seeds to add texture and nutrition to your favorite smoothies, muffins, breads, and salads. With omega-3, protein, and antioxidants, chia is often referred to as a super food. A single tablespoon serving of chia seeds provides 4 grams of fiber, which is more than 10% of your daily needs.	GLUTEN-FREE ORGANIC
	Farina Farina is milled from the heart of the wheat kernel and is traditionally used to make rich, creamy hot breakfast cereal that brings back fond childhood memories for many. Or plus up the texture of homemade pizza crust by replacing up to 1/4th of the flour with Farina.	ORGANIC
	Hard Red Wheat Hard Red Wheat is the basic staple for all baking. Its protein content and strength are ideal for baking rustic, flavorful breads.	ORGANIC
	Hard White Whole Wheat With a lighter color and milder flavor than its hard red wheat counterpart and the same wholesome nutrition, Organic Whole Hard White Wheat can be used in flavorful side dishes and stews. It is also wonderful milled into flour to bake whole-grain goodness into muffins, scones, cookies, breads and more!	ORGANIC








GRAINS

Quinoa a



PRODUCT	NAME & DESCRIPTION	
	Hulled Buckwheat Groats Buckwheat is a naturally gluten-free whole grain that originated in Southeast Asia. Now, Hulled Buckwheat is an increasingly popular gluten-free grain that is actually not in the wheat family, contrary to its name.	ORGANIC
	Ivory Teff Seeds Ivory Teff has a milder taste than red teff, however, it still maintains like red teff one of the highest calcium nutrition of any grain. Teff was originally made popular in Africa. The taste, quick cooking, and nutrition of Teff has made it popular throughout the United States.	ORGANIC
	Kamut Wheat Discovered in Egypt, this ancient wheat is known for its distinctive large golden-hued kernels. The Kamut® brand guarantees that this wheat has never been hybridized and is always organic. Use Kamut® in a hearty casserole or as the base for your morning grain bowl.	ORGANIC
	Millet Millet is a great source of magnesium and phosphorus. Millet can be cooked like rice and is a heart-healthy addition to any meal. It is said that eating Millet can help with decreasing inflammation. Millet is commonly eaten in other parts of the world such as India.	GLUTEN-FREE ORGANIC
	Quinoa (Black) Known for its protein quality, quinoa has a good balance of the essential amino acids, as well as iron, potassium, B-vitamins and other nutrients, making it a smart addition to any plant-based diet. Quinoa was praised by the ancient Incas as the mother of all grains.	GLUTEN-FREE ORGANIC
	Quinoa (Red) Known for its protein quality, quinoa has a good balance of the essential amino acids, as well as iron, potassium, B-vitamins and other nutrients, making it a smart addition to any plant-based diet. Quinoa was praised by the ancient Incas as the mother of all grains.	GLUTEN-FREE ORGANIC
	Quinoa (Tricolor) Known for its protein quality, quinoa has a good balance of the essential amino acids, as well as iron, potassium, B-vitamins and other nutrients, making it a smart addition to any plant-based diet. Quinoa was praised by the ancient Incas as the mother of all grains.	GLUTEN-FREE ORGANIC











GRAINS

PRODUCT	NAME & DESCRIPTION	
	Quinoa (White) <div>Known for its protein quality, quinoa has a good balance of the essential amino acids, as well as iron, potassium, B-vitamins and other nutrients, making it a smart addition to any plant-based diet. Quinoa was praised by the ancient Incas as the mother of all grains.</div>	<div>GLUTEN-FREE</div> <div>ORGANIC</div>
	Soft White Wheat <div>The lower protein content and lighter color of Organic Whole Soft White Wheat makes it perfect for milling to whole grain flour for cakes, pastries, muffins, waffles, and more.</div>	<div>ORGANIC</div>
	Sorghum <div>Sorghum is naturally gluten free and has a mild flavor that works well in many foods including salads, soups and breakfast casseroles. It can also be popped like popcorn, used as a rice substitute, or milled into flour to use in gluten-free baking.</div>	<div>GLUTEN-FREE</div> <div>ORGANIC</div>
	Steel-Cut Oat Groats <div>Enjoy non-GMO oat groats as a hot cereal for breakfast, overnight oats for a healthy snack, or for flavor and texture in baked goods. Oats have a variety of uses which makes them such a popular grains! Plus they are naturally gluten-free so your stomach can rejoice!</div>	<div>ORGANIC</div>
	Wheat (Cracked) <div>Cracked Wheat is an old fashion whole grain cereal. It is created by cracking the whole grain of wheat, thus keeping the whole grain properties of wheat, but allowing for faster cooking times. Cracked wheat goes well in bread or as a hearty breakfast cereal.</div>	<div>ORGANIC</div>
	White Basmati Rice <div>White Basmati rice is a versatile and aromatic rice that derives from India. Basmati Rice long grain rice tends to cook more fluffy and the kernels stay more separated compared to short grain rice and is best used in salads, as a side, or in pilafs.</div>	<div>ORGANIC</div>
	Whole Barley <div>Whole Barley is an underestimated grain. Barley has been shown to lower glucose levels and blood pressure. Often used in making flatbreads and other ethnic dishes, believe it or not, barley can be cooked similar to rice and added to soups and cereals.</div>	<div>ORGANIC</div>



Cooked and Uncooked
Steel-Cut Groats

GRAINS

PRODUCT	NAME & DESCRIPTION	
	Whole Brown Basmati Rice Whole brown Basmati rice is a whole grain species of rice that has aromatic smell that separates itself from traditional rice varieties. Brown Basmati rice has about 20% more fiber than regular brown rice and is a good source of vitamin E and B, and other nutrients.	ORGANIC
	Whole Einkorn Einkorn is an ancient grain called the Staff of Life that is believed to be one of the parents of Durum wheat. Einkorn is a versatile grain that has high levels of protein, B6, essential fatty acids, carotene, and potassium.	ORGANIC
	Whole Spelt Whole Spelt is an ancient wheat that is popular in both as whole berries and whole grain and refined flour forms. The nutritional profile of spelt is similar to modern wheat varieties, providing fiber, B-vitamins, and iron among other nutrients.	ORGANIC
	Whole Grain Emmer Emmer, also known as farro in European countries, is an ancient grain that is believed to be a parent plant of all the Durum wheat varieties. (Fun fact: farro generally refers to hulled wheat, so spelt and emmer are often both referred to as farro.)	ORGANIC
	Whole Oat Groats Whole Oat Groats contain beta-glucan soluble fiber which helps you feel full and may also help lower cholesterol. The sweet nutty flavor of oats makes Organic Whole Oat Groats a terrific hot cereal or breakfast bake. Or grind into flour to make tasty cookies, muffins, pancakes, and more.	ORGANIC
	Whole Rye Rye has 14-15% fiber, of which about 1/3rd is arabinoxylan soluble fiber. This whole grain is not only delicious, but research has shown that rye has a low glycemic index and helps keep you full longer. Use Organic Whole Rye in salads, casseroles, stews, artisan breads and more!	ORGANIC
	Whole Triticale Berries Triticale is a relatively new grain, a hybrid of wheat and rye that first appeared 1875 in Scotland. Triticale can withstand less than optimal growth conditions, making it particularly suitable to organic farming. For something new, try Organic Whole Triticale in place of brown rice in your favorite recipes.	ORGANIC
	Whole Blue Corn Whole Blue Corn is a traditional heirloom corn kernel. Grind it into meal and use it to create delicious masa, cornbread, and tortillas. Corn is naturally gluten free and our Whole Blue Corn is non-GMO.	GLUTEN-FREE ORGANIC
	Whole Yellow Corn Whole Yellow Corn is no longer just a side dish! Grind it into meal and use it to create delicious masa, cornbread, and tortillas. Corn is naturally gluten free and our Whole Yellow Corn is non-GMO.	GLUTEN-FREE ORGANIC
	Whole White Corn Whole White Corn is a mild tasting corn variety. It is ideal for use in masa, cornbread, hominy, chips, and tortillas. Corn is naturally gluten free and our Whole White Corn is non-GMO.	GLUTEN-FREE ORGANIC



LET'S CHAT!

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