

Great Harvest Bread Co.®

135 W. Division St. • Waite Park • MN • 56387 • (320) 259-4622

Fresh Milled 100% Whole Grain Flour Every Day



Great Harvest,
The way Bread
OUGHT to Be

Baking from scratch was the norm for our parents, grandparents, great-grandparents, and so forth. They were concerned about food tasting great and nourishing their family's bodies. So is Great Harvest. As generations have passed on, our world has turned to cheaper, easier, less time-consuming methods of preparing food and has removed the handmade, healthy element of baking and cooking. Not Great Harvest. We still believe in our elaborately long, traditional methods of bread making because it naturally develops an exquisite flavor and texture with time, instead of relying on the use of additives. Over the years, we have been able to adapt to the wants and needs of our customers and can offer great-tasting products fit for many diets, but since the inception of our bread-making business, one thing is still for certain – Great Harvest bread is truly one-of-a-kind!kind. me. Tasty. It's the way bread ought to be!

AUGUST BREADS

EVERYDAY • Honey Whole Wheat • Old Fashioned White
• Cinnamon Swirl • Cinnamon Chip

MONDAY
High 5 Fiber
Potato Dill
Flax Oatbran
Dakota
Nine Grain

TUESDAY
Sourdough
High 5 Fiber w/Cranberries
Cheddar Garlic
Jalepeno Cheddar Garlic
Gluten Friendly

WEDNESDAY
Pumpkin Chocolate Chip
Tea Cakes
Pumpkin Swirl
MN Wild Rice w/Cranberries
High 5 Fiber w/Blueberries

THURSDAY
Popeye Bread
High 5 Fiber
Sourdough
Nine Grain

FRIDAY
Spinach Feta
High 5 Fiber
MN Wild Rice w/Cranberries
Pumpkin Chocolate Chip
Tea Cakes

SATURDAY
Spinach Feta
Nine Grain

SWEET SPOT

EVERYDAY - Dillon Cookie - Savannah Bars - Cinnamon Twists

MONDAY
Strawberry/Peach Scones
Cinnamon Chip Cream Cheese Scones
Strawberry Muffins

TUESDAY
Salted Caramel Cookies
Strawberry Lemonade Scones
Blueberry/Raspberry Scones
Raspberry/Peach Muffins

WEDNESDAY
Cinnamon Chip Cream Cheese Scones
Blueberry Lemonade Scones
Blueberry/Peach Muffins

THURSDAY
Salted Caramel Cookies
Raspberry Scones
Cranberry/Blueberry Muffins

FRIDAY
Monster Cookies
Cinnamon Chip/Cream Cheese Scones
Carrot Cake Scones
Cranberry Orange Scones
Strawberry/Blueberry Muffins

SATURDAY
Blueberry/Peach Scones
Blueberry/Raspberry Muffins

Store Hours: Monday - Friday 7 am - 6 pm, Saturday 7 am - 5 pm (or sold out)



BAKED APPLE FRENCH TOAST

INGREDIENTS:

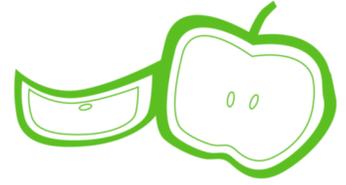
Loaf of Great Harvest Apple Cinnamon Bread (or other favorite)
 3 large, green apples
 1/2 to 3/4 c. brown sugar
 12 oz. cream cheese
 1 qt. milk
 Cinnamon
 1 stick butter or margarine
 1 T. water
 8 eggs
 2 T. vanilla



DIRECTIONS:

Set rack in lower third of oven. Preheat oven to 350. Spray 9" x 13" pan with vegetable spray. Core & cut apples into thin wedges, leaving the skin on. Melt butter/margarine with brown sugar & water. Add apples and cook 2-3 minutes. Spread into baking pan and cool. Cube cream cheese and dot onto apple mixture. Cover apples with a layer of sliced Apple Cinnamon Chip Bread. Beat together eggs, milk, and vanilla. Pour this mixture over the bread/apple dish, taking care to dampen all the bread. Sprinkle with cinnamon. Bake for 40-50 minutes, until golden & puffed. Set for 10 minutes before cutting and serving. You can bake immediately after preparing, or refrigerate overnight. Use peaches next time you try this recipe, or omit fruit entirely if you'd like.

BACK TO SCHOOL



WITH GREAT HARVEST

Want to send your children off to school prepared for a productive day? It's been proven over and over again that breakfast is the most important meal of the day. Great Harvest breads loaded with complex carbohydrates supply the brain and body with energy all through the day. This is important for children and adults alike. Both recall memory and verbal skills benefit from a nutritious breakfast. Don't forget to try our delicious Apple Cinnamon Chip Bread available on Saturdays!

HERE'S A QUICK NUTRITION LESSON:



The brain needs a constant supply of blood glucose. The body converts complex carbohydrates more slowly into blood glucose, thus supplying energy longer.



We grind our wheat into fresh flour daily. Our whole wheat flour contains all of the endosperm, bran and wheat germ.

Try this simple recipe to get your family off to a great start in the morning!

SCRAMBLED FRENCH TOAST

- 1) Cube slices of Great Harvest Bread (one slice per person).
- 2) In a large bowl beat together one egg and 1/4 cup milk or water per slice of bread.
- 3) Drop the cubed bread into the bowl and mix.
- 4) Grease a frying pan and pour in the whole mixture. Turn bread /egg mixture with spatula just like scrambled eggs. Serve with syrup, yogurt or fresh fruit sauce.

