



Great Harvest Bread Co.®

135 W. DIVISION ST. • WAITE PARK • MN • 56387 • (320) 259-4622

Pumpkin Harvest!



Our **PUMPKIN SWIRL** has become a Fall tradition. It's our delicious, homemade whole wheat and white dough mixed with real pumpkin, walnuts & pumpkin pie spice. We roll it out, top it with brown sugar & pumpkin pie spice, then wrap the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Don't forget it makes a great autumn gift. Also check out our decadent Pumpkin Chocolate Chip Tea Cake. The trick is finding a way to keep it around long enough for everyone to enjoy! Our special fall cookies—Pumpkin White Chocolate Chip, are also available on Wednesdays this month.

AUTUMN MENU

EVERYDAY · Honey Whole Wheat · Old Fashioned White · Cinnamon Swirl · Pumpkin Swirl · Cinnamon Chip

MONDAY

High 5 Fiber
Flax Oatbran
Potato Dill
Dakota
Nine Grain



TUESDAY

Sundried Tomato Swiss-NEW!
Nine Grain
High 5 Fiber w/Cranberries
Gluten Friendly Harvest Bread

WEDNESDAY

High 5 Fiber w/Blueberries
Dakota
Pumpkin Chocolate Chip
Tea Cake

THURSDAY

Nine Grain
Flax Oatbran
Popeye Bread
High 5 Fiber



FRIDAY

Sun Dried Tomato Sourdough
High 5 Fiber
Cinnamon Raisin Wheat
Pumpkin Chocolate Chip
Tea Cake

SATURDAY

Nine Grain
Pumpkin Chocolate Chip
Tea Cake
Baker's Choice



GOODIES CORNER

EVERYDAY · Dillon Cookie * Savannah Bars * Caramel Rolls
Cinnamon Chip Cream Cheese Scones

MONDAY

Strawberry/Peach Scones
Strawberry Muffins

TUESDAY

Salted Caramel Cookies
Blueberry/Raspberry Scones
Raspberry/Peach Muffins

WEDNESDAY

Pumpkin Cookies
Blueberry/Peach Scones
Blueberry Peach Muffins

THURSDAY

Salted Caramel Cookies
Raspberry Scones
Cranberry/Blueberry Muffins

FRIDAY

Pumpkin Cookies
Strawberry/Blueberry Scones
Blueberry/Strawberry Muffins

SATURDAY

Blueberry/Peach Scones
Blueberry/Raspberry Muffins

Hours: Monday - Friday 7:00 am - 6:00 pm, Saturday 7:00 am - 5:00 pm or sold out!



BAKED APPLE FRENCH TOAST

INGREDIENTS:

Loaf of Great Harvest Cinnamon Chip 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

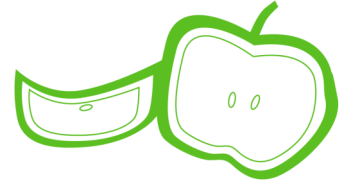


DIRECTIONS:

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 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 verbal skills and recall memory benefit from a nutritious breakfast.

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.



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Great Harvest Waite Park

