



# 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

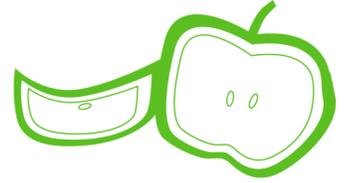


## DIRECTIONS:

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

