



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 roll 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. 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!

AUTUMN MENU

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

MONDAY

High 5 Fiber
MN wild Rice/Cranberries
Potato Dill
Dakota
Nine Grain

TUESDAY

Pumpkin Swirl
Cheddar Garlic
Jalapeño Cheddar Garlic
High 5 Fiber w/Cranberries
Gluten Friendly Harvest Bread
Bavarian Pretzels

WEDNESDAY

High 5 Fiber w/Blueberries
Tea Cakes
MN Wild Rice w/Cranberries

THURSDAY

Nine Grain
Popeye Bread
High 5 Fiber
Bavarian Pretzels

FRIDAY

Pumpkin Swirl
High 5 Fiber
Tea Cakes
MN Wild Rice w/Cranberries
Italian Sundried Tomato

SATURDAY

Pumpkin Swirl
Nine Grain
Tea Cakes
Italian Sundried Tomato

GOODIES CORNER

EVERYDAY Dillon Cookie Savannah Bars Caramel Rolls

MONDAY

Strawberry/Peach Scones
Cinnamon Chip Cream Cheese Scones
Strawberry Muffins

TUESDAY

Salted Caramel Cookies
Blueberry/Raspberry Scones
Cinnamon Chip Cream Cheese Scones
Raspberry/Peach Muffins

WEDNESDAY

Pumpkin Cookies
Blueberry/Lemonade Scones
Cinnamon Chip Cream Cheese Scones
Blueberry Peach Muffins

THURSDAY

Salted Caramel Cookies
Raspberry Scones
Cinnamon Chip Cream Cheese Scones
Cranberry/Blueberry Muffins

FRIDAY

Cinnamon Chip Cream Cheese Scones
Cranberry/Orange Scones
Blueberry/Strawberry Muffins

SATURDAY

Blueberry/Peach Scones
Cinnamon Chip Cream Cheese 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 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.

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

