

little  
NORTHERN  
BAKEHOUSE

®

## GLUTEN-FREE WHOLE GRAINS

Saying goodbye to wheat, barley, and rye when you live gluten-free doesn't mean giving up the goodness of whole grains. Say hello to a delicious variety of healthy gluten-free grains that offer all the nutrition and delicious health benefits you're looking for, and a wide range of textures and flavours that help Little Northern Bakehouse bring the joy of the real thing to gluten-free whole grain breads!

Learn what's special about the healthy whole grains inside our Whole Grain Wide Slice, Seeds & Grains, and Sprouted 7 Grain loaves.

### TEFF

Tiny-but-mighty teff packs plenty of nutrition. With roots in Ethiopia, teff is amazingly versatile. Teff has a sweet flavour some say tastes a bit like molasses. (You'll find whole teff flour in our Whole Grain Wide Slice loaves!)

### OATS

Cut, rolled, or quick, whole grain certified gluten-free oats bring delicate sweetness and a range of textures to baked goods. At Little Northern Bakehouse, our oats are sorted and tested to ensure they're gluten-free before we sprout and bake them into breads like our Sprouted 7 Grain.

### RED AND WHITE QUINOA

A round grain from Peru, quinoa can be red, white, purple, or black. Nutritionally, every colour of quinoa is the same, but each has a unique taste and texture. White quinoa is light and fluffy, while red quinoa is chewy. We use both—alone and together!—to help bring the joy of the real thing to our gluten-free whole grain breads.

### BROWN RICE

This delicious whole grain has a nutty taste and chewy texture on its own. Ground into flour, whole grain brown rice brings softness and substance to many Little Northern Bakehouse breads.

### MILLET

Small and mild-flavoured, this ancient seed comes from Southern Asia. Millet actually refers to a group of grains: pearl, foxtail, proso, and finger millets, as well as fonio. Whole millet adds a delicate crunch to Little Northern Bakehouse's most popular breads and buns.

### AMARANTH

Prized by the Aztecs, amaranth is a nutrient dense gluten-free whole grain in the pseudo-cereal family. Mild, with subtle peppery, nutty, and earthy notes, amaranth shines in both sweet and savoury dishes—including our Sprouted 7 Grain bread.



**TRY OUR GLUTEN-FREE  
WHOLE GRAIN BREADS.**

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