

GET TO KNOW OUR WHEAT FLOURS

Wondering which of our high quality flours is best for your next baking project? Check out our snapshot guide:

Whole Wheat Flour



- **13-15% Protein**
 - Ground from **hard red wheat** berries
 - **Whole grain:** includes the germ and bran
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- **Great for yeasted breads**
 - Whole grains add weight and density to baked goods
 - Replace 50% of white flour in recipes with whole wheat flour for added nutrition and texture

Artisan Bread Flour



- **12.5-13.5% Protein**
 - Ground from **hard red wheat** berries
 - **Refined:** germ and bran removed
 - Unbleached and unbromated
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- **Ideal for sandwich loaves, baguettes, pizza crust, rolls, bagels and more**
 - High protein content boosts gluten development
 - Produces a chewier texture, higher rise and crisper crust
 - Enriched with niacin, iron, thiamin, riboflavin and folic acid

Unbleached White All Purpose Flour



- **10-12% Protein**
 - Ground from **hard red wheat** berries
 - **Refined:** germ and bran removed
 - Unbleached and unbromated
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- **Good for all baking, including pancakes, cookies and brownies**
 - Regular is enriched with niacin, iron, thiamin, riboflavin and folic acid
 - Organic is not enriched

Unbleached White Fine Pastry Flour



- **8-9% Protein**
 - Ground from **soft white wheat** berries
 - **Refined:** germ and bran removed
 - Unbleached and unbromated
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- **Ideal for pie crusts, pancakes, cupcakes and cookies**
 - The low protein content makes terrifically tender baked goods
 - Do not use for yeasted breads
 - Enriched with niacin, iron, thiamin, riboflavin and folic acid

Whole Wheat Pastry Flour



- **9-11% Protein**
 - Ground from **soft white wheat** berries
 - **Whole grain:** includes the germ and bran
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- **Great for baked goods leavened with baking powder or soda, like cookies, muffins or biscuits**
 - Do not use for yeasted breads: use whole wheat flour instead
 - Replace $\frac{7}{8}$ cup whole wheat pastry flour for every 1 cup white flour

Super Fine Unbleached Cake Flour



- **7-8% Protein**
 - Ground from **soft white wheat** berries
 - **Refined:** germ and bran removed
 - Unbleached and unbromated
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- **A must-have ingredient for pound cakes and angel food cakes**
 - Fine texture is ideal for airy, delicate cakes
 - Low protein content creates baked goods with a delicate crumb
 - Enriched with niacin, iron, thiamin, riboflavin and folic acid

Ivory Wheat Flour



- **11-13% Protein**
 - Ground from **hard white wheat** berries
 - **Whole grain:** includes the germ and bran
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- **Can be used in all baked goods**
 - Color and flavor much like white flour, nutritionally closer to whole wheat flour
 - Can replace whole wheat flour 1:1 in recipes

