

# Whole Wheat

Whole wheat flours are made from milling the whole kernel - endosperm, bran and germ. Milling the endosperm along with the finely ground bran and germ make this type of flour exceptionally healthy and rich in fiber. Whole wheat flour can be made from soft or hard wheat.

**GRAHAM FLOUR** - This extraordinary whole wheat flour is made from our finest soft red winter wheat. The bran and germ is finely ground and reconstituted back in with the endosperm making this product a perfect solution for your natural whole wheat needs.

- *Crackers, Pancakes, Cookies, Dinner Rolls, Biscuits, and Muffins*

**FINE WHOLE WHEAT (FWW)** - This exceptional flour gets its name from the finely ground bran and germ from a high gluten hard wheat kernels, which get mixed back together with the flour making this whole wheat flour a must have in any recipe. It has excellent strength to endure the rigorous process to make a great whole wheat flour.

- *Crackers, Breadsticks, Pizza Crust, Scones, Bagels, and Breads*

**STONE GROUND WHOLE WHEAT FLOUR** - Performs the same as FWW, but the stone ground process is available per customer request/preference.

