

- AWG University -

As a new AWG account, you'll receive a Sales Kit for each of your locations. This kit is packed with powerful tools to help your team sell our one-of-a-kind bread with confidence and enthusiasm. Get ready to change people's lives with bread and boost your sales!



Let's Get Bread-ucated Help people enjoy bread again!

AWG Bakery's unique gluten and grain free bread is more than just a product - it's a life-changing experience. We believe selling is a transference of feeling, an opportunity to share your enthusiasm and expertise. We want you to feel confident and excited when sharing your knowledge and passion about our bread. It is customers like Victoria that bring us so much joy and purpose! *"This bread changed my life! Dramatic I know, but it's true. I tried so many gluten-free breads that were just horrible, or just tolerable at best. I just gave up on enjoying bread altogether and missed it terribly. I was hesitant to try another GF bread, but it was recommended so I gave it a try. I'm so glad I did. I LOVE THIS BREAD! I actually WANT to eat it and can eat it by itself. Even if I didn't need to be gluten-free, I would still want to eat this bread. I can now enjoy toast and a nut butter & jam sandwich again - something so simple as this has made things so much easier & enjoyable for me. It's now a staple in my kitchen."* Get ready to change people's lives with bread!

What is Grain Free?

Grain Free is a step beyond gluten free! It does not contain any grains including corn, wheat, rice, or oats. A grain free diet may reduce inflammation, aid weight loss, and improve digestion and blood sugar levels. Unlike typical gluten free breads that use inexpensive grain based flours, AWG Bakery uses plant and nut based flours that are high in vitamins and minerals.

Toasting and Care

- **Important** - Toasting changes the texture and flavor. The bread will get softer and taste will be enhanced.
- Slice thin. The bread will not fall apart like so many other gluten free breads.
- Store in fridge or slice before freezing. Just toast an extra minute to defrost.

About the Bread

- Made with ingredients you know and can pronounce, and sourced from nature.
- Organic, Non-GMO, Vegan, Paleo, Handmade
- No, None, Zero - eggs, dairy, gum, soy, refined sugar
- Flavors: Everyday, Everything, Rosemary, CinnaSpice
- Shapes: Loaves, Minis (rolls), Rounds (great for mini pizza)
- Bag and label are compostable. Use for veggie and fruits peels.
- Tons of recipes and tips on our Blog, including recipes for French Toast and stuffing.

What People are Saying...

- More than 500+ 5-Star Reviews "Best gluten free bread, and I've tried many" - "Love the ingredients!" "Changed my life!" - "I no longer feel deprived" - "I can eat bread again" - "It's delicious!" - "Tears of joy"
- "Game-changing bread" - Paleo Magazine
- Well + Good article, "This Grain-Free Bread Brought Me Back to Life After an Autoimmune Issue Forced Me to Cut My Favorite Foods from My Diet"

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WELL + GOOD

This Grain-Free Bread Brought Me Back to Life After an Autoimmune Issue Forced Me to Cut My Favorite Foods from My Diet

by Lauren Wicks
December 26, 2022

Without sharing all of the gory details, I recently embarked on an autoimmune ~health journey~ of sorts that, well, required me to basically overhaul my life, from what and when I eat to how I exercise and manage stress (fun!). Luckily, all of this came at the advice of a top-notch functional medicine physician.

Needless to say, as an avid home cook and general lover of all foods and food groups, having to cut out gluten, dairy, soy, corn, and alcohol—albeit temporarily—felt overwhelming at first, especially when I was told I also needed to curb my intake of grains. My saving grace, however, has been the fact that I discovered a truly delicious and healthful grain-free bread while starting this process. (I knew that living without bread, even for a few months, was going to be the hardest part of this whole thing for me from the get-go.)

After many misses when trying out grain-free breads (which are not cheap, by the way), I thought I was doomed to be avocado toast-free for months. While their ingredients lists were wholesome, I noticed that many these breads smelled funky, the textures were way off, and they just plain didn't taste great at all. Not exactly what your stomach wants to toast and wolf down upon waking, if you catch my drift. However,



Hanna Lane, Founder and CEO
AWG Bakery

when checking out Orange County, California-based AWG Bakery, everything changed. Their loaves are downright "delicious." But after reading the nutritional profile and ingredients list on AWG's breads, I found myself thinking that old adage: *If it sounds too good to be true, it probably is.* To cut to the chase, I have never been so thrilled to be wrong.

It sounds dramatic, but biting into a slice of AWG's signature Everyday Loaf is transformative: The mouthfeel of this bread is on-point and the nutty, seedy flavor is the perfect match for a creamy slice of avocado or, dare I say, my newly-discovered favorite dairy-free cream cheese (WHO EVEN AM

I?). Plus, there are multiple flavors for every type of eater ranging from CinnaSpice (tastes like gingerbread!) to an aromatic rosemary loaf. Feeling energized and excited about my tedious dietary restrictions for the first time, I had to learn more about the brand for both myself and the other 24 million Americans dealing with autoimmune conditions that may or may not prohibit them from eating grains.

The AWG Bakery story: how this delicious grain-free bread came to be

After embarking on a health journey of her own after being diagnosed with Hashimoto's and hypothyroidism at the age of 23, Hanna Lane of @airwaterandgreens realized her quality of life would be much higher if she could find a bread alternative that was equally delicious and nutritious (sound familiar?). Nothing on the market fit her needs.

"All the tastiest versions were basically devoid of nutrients and had a lot of synthetic additives, and the whole-



HANNA'S JOURNEY



Thank you for trying our bread! When I was diagnosed with hypothyroidism and autoimmune issues, I decided to put my energy into learning about the healing powers of anti-inflammatory foods and embracing a Paleo lifestyle. I loved bread and knew we had to part ways but it would not be for long. I spent a year mixing and baking, determined to create a bread that met my dietary limitations and had amazing flavor and texture. I'm so excited to share my bread that you will actually feel good about eating. It has beneficial nutrients, and tastes fantastic! Also, we are proud to be woman and family owned. I hope you enjoy your delicious freedom!

With gratitude,
Hanna

EVERYDAY
CINNASPICE
ROSEMARY
EVERYTHING

LOAVES
MINIS
ROUNDS

SUBSCRIBE &
SAVE 10%

SHIPPING &
PICK UP IN OC

HOORAY! TONS OF
5 STAR REVIEWS

AWGbakery.com

TAG US IN YOUR
TOAST-CREATIONS!

@awgbakery



Writer Lauren Wicks tried our bread and loved it. She approached Well + Good with this article idea, and we are so grateful for the result. Hanna started AWG Bakery with the desire to help people enjoy bread again. Let's give a 'toast' to our 500+ 5 star reviews!