

FROM CANYON BAKEHOUSE  
INTRODUCTORY GUIDE TO:

# Going Gluten Free



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*Welcome!*





*Great things come from rising to meet challenges.*

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Our co-founder Christi Skow knows how tough it can be to adapt to a new way of eating, and with the same compassionate spirit that was built into the mission of Canyon Bakehouse, we've created this guide to help those who've decided to give up gluten in favor of feeling better. Not only is it possible to live deliciously without gluten or other allergens, now it's a lot easier!

After being diagnosed with celiac disease in 2007, Christi needed to eliminate gluten from her diet, and ultimately, the challenge of finding satisfying and nutritive gluten-free bread led to innovation. Together with her husband, Josh Skow and Master Baker, Ed Miknevicius, she began baking gluten-free, allergy-friendly bread that tastes and delights like gluten-filled bread while containing only the most wholesome ingredients.

No matter how you've decided to go gluten free, we're excited to help you transition smoothly and live deliciously. We'll cover the basics about gluten, celiac disease, and other sensitives. We'll also provide tips for reading labels and share our ideas for simple substitutions, not to mention our favorite recipes using Canyon Bakehouse products. How does a big juicy sandwich on toasty bread sound? We've got all the best flavors and textures inside this gluten-free guide, and we hope you'll devour every bite.



# WHAT IS Gluten?



our bread  
is always

Certified



Gluten-Free®



It may seem unassuming, but gluten, a simple storage protein found in grains such as rye, barley, and wheat, can wreak havoc on some people's bodies. In baking, gluten works to give dough its elasticity and makes for light, soft, chewy bread. Many people can tolerate gluten, but about one in every 100 Americans are living with celiac disease, a genetic autoimmune disorder that inhibits the absorption of nutrients and damages the small intestine. This intestinal damage is triggered by gluten in the diet.

Others have non-celiac gluten sensitivities. While this may not interfere with the absorption of nutrients, it can bring about many of the same symptoms. There are over 300 different symptoms of celiac disease, and because they vary wildly between individuals, it can be difficult to differentiate between celiac disease and gluten sensitivities. If you experience the symptoms below, consult your doctor for celiac disease testing.

## COMMON SYMPTOMS OF:

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### CELIAC DISEASE

- Anemia
- Anxiety
- Bloating
- Constipation
- Depression
- Diarrhea
- Discolored Teeth
- Fatigue
- Headaches
- Infertility
- Irritability
- Itchy skin rash
- Joint Pain
- Numbness
- Pale mouth sores
- Poor weight gain
- Thin Bones

### GLUTEN SENSITIVITY

- Bloating
- Brain fog
- Diarrhea
- Fatigue
- Headache
- Joint pain
- Nausea
- Numbness

*83% of people  
with celiac disease  
are undiagnosed!*



# WHERE DOES GLUTEN Hide?

Gluten can be sneaky and hide in many products you wouldn't expect to find it in the first place. It's always a good idea to read the ingredient labels of all the products you use and ask the manufacturer if an ingredient list isn't readily available. Below is a list of just some of the items that can typically hide gluten.



Beer



Cake Decorations



Candy



Cheese



Coffee



Cosmetics



Finger Paints



French Fries





Hot Dogs



Ice Cream



Ketchup



Lip Balm



Liquor



Medication



Oats



Pet Food



Pickles



Play Dough



Rice Cereal



Salad Dressing



Sauces



Soups



Soy Sauce



Yeast



Cross Contaminated  
Grills



Cross Contaminated  
Pots & Pans




Cross Contaminated  
Strainers



Cross Contaminated  
Toasters





WHAT  
Foods  
CONTAIN  
Gluten?



When you're new to eating gluten free, meal planning can be confusing. At first, it may be helpful to consider which foods to eliminate and incorporate foods that are naturally gluten free. Keep clear of the following ingredients as you adjust and learn more.

## WHEAT PRODUCTS

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Bread



Candy Bars



Cereal



Flour



Sauces



Pasta

## BARLEY PRODUCTS

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Beer



Soups



Malt



Cereal



Brewer's Yeast

## RYE PRODUCTS

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Beer



Cereal



Rye Flour



Some Bread



Rye Milk

READING

# Labels





Most refrigerator doors are fully stocked with salad dressings, sauces, and marinades. Similarly, cabinets are filled with sweeteners, spice blends, and seasoning packets. Of all the items that potentially contain hidden gluten, these may be some of the worst culprits. But, with the following tips for reading labels on these and other packaged foods, you can avoid being unwittingly “glutened.”

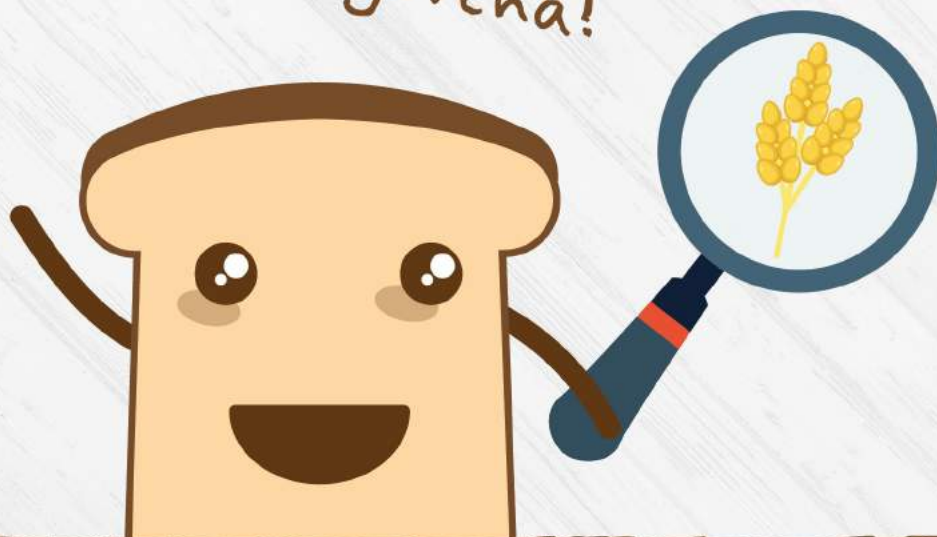
First, check the label for claims. Because the FDA issues strict parameters for labeling packaged foods as “gluten free,” you can usually trust that an item is safe to eat if it claims to be gluten free on the label. This shouldn’t stop you from reading the list of ingredients carefully.

The allergen listing (separate from the ingredient listing) will help you immediately rule out the presence of wheat, but other glutinous grains such as rye and barley are not among the Top 8 allergens, and it’s important to read further because they might be listed with the other ingredients. In the absence of an allergen listing, an item should not be considered allergen-free. Be safe, and read the entire label. Research any questionable ingredients.



Look for the Certified Gluten-Free symbol to verify that the product and facility are regularly tested and safe.

gotcha!





EAT  
This  
NOT  
That



It's hard to let go of the foods that have become standards for so many of us, even though we know we're better off without them. Traditional breads, pastries, cookies, and cakes are like old friends, much like fast food, pizza and beer! But, stay with us. The feeling of wellness that comes with eating fewer processed foods and cooking with wholesome ingredients helps a lot to curb cravings. Below, we've assembled a list of simple gluten free substitutions that can help keep meal planning on track during the transition.

EAT THIS!	NOT THAT
Potatoes, sweet potatoes. Also, plain, whole grain rice, quinoa and prepared polenta	Carbs and starches, including pasta and processed foods like flavored rice mixes (may contain hidden gluten)
Rice, millet, maize, quinoa, tapioca, buckwheat, teff and sorghum	Cereal
Rice flour, corn and potato flours; maize; gram, soya, chickpea, sorghum, tapioca and chestnut flours	Flours
Nuts, seeds, raisins and other dried fruits	Prepared, flavored snack foods
Pure salt, pepper, dried herbs and vinegar	Spice blends (may contain hidden gluten)
Baking soda and cream of tartar	Cooking ingredients, such as baking powder (may contain hidden gluten)
Fruit preserves, honey, meringue, ice creams and sorbets (read labels)	Puddings, Cheesecakes and dessert
Wine, spirits, liqueurs, ciders	Beers
Fresh, plain, unprocessed meats, fish, and eggs as well as plain, unbaked tofu	Processed meats and fish with seasonings and marinades; faux meats (may contain hidden gluten)

These substitutions are pretty simple and intuitive once the items on the right stop making it into your shopping basket! Keep in mind, including lots of fresh produce in home-prepared meals (as opposed to eating out) may naturally replace glutenous foods, and leave you with a much more nutritive diet.

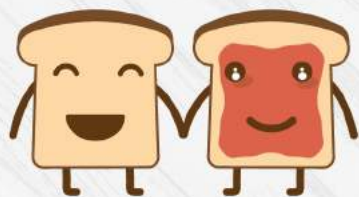


# Gluten-Free TIPS FROM GF Bloggers





I'll help you  
out of a jam!



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Navigating the world when you're new to gluten free can be challenging, but you're not alone! Sometimes the best place to seek advice is from those who have already traveled down the gluten-free path. That is why we asked three of our favorite gluten-free bloggers to share their journeys with you. Whether you're facing the same or a similar situation, these stories can help prepare you for whatever is thrown your way. We'll get through this together!



**EMILY BRIAND**

IG: @IM.EMILY.BEAN

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**How long have you been gluten free?**

11.5 years!

**Why did you go gluten free?**

I am allergic to gluten. I had been sick my whole life and never knew what was causing it.

**How has being gluten free today changed over the years since you first eliminated gluten from your diet?**

There are so many more certified gluten-free products that are delicious!!

**What do you wish you knew when you first went gluten free or what advice do you have for folks who are new to the gluten-free life?**

I wish I knew more about contamination; I would eat things that I assumed (because I was told they were) gluten-free but was still sick because they shared a surface with gluten.

**Can you share something positive or uplifting about going gluten free?**

It has brought so many wonderful people into my life. I have met so many gluten free friends through Instagram!



**How do you stay gluten-free? Where are the hardest situations and what advice can you offer someone new to this?**

For me, it is a no brainer: I am miserable if I have any gluten. Period.

The most difficult part is when friends say they made you a special gluten free treat, but you know that it has been contaminated. It is hard for everyone to completely understand how sensitive I am to gluten, so I try to explain why it is not actually gluten free. It can be tough and sometimes people will still put pressure on you to eat it, claiming it's fine. Trust your gut (literally!) and let them know you cannot eat it, but it was a really nice gesture.





## LEXI AND BETH SINCLAIR

IG: @CROWDED\_KITCHEN | CROWDEDKITCHEN.COM

### **How long have you been gluten free?**

We have both been gluten free for a little over 6 years.

### **Why did you go gluten free?**

Although neither of us have celiac disease, we are both allergic/sensitive to gluten. Both of us had some severe health issues that completely resolved when we stopped eating gluten. My mom (Beth) suffered from severe migraines for years, and tried just about everything she could to help them, but nothing worked until she eliminated gluten. Both of us also suffer from skin rashes, inflammation and a whole host of stomach problems when we have any gluten, so needless to say, we're much happier without it!

### **How has being gluten free today changed over the years since you first eliminated gluten from your diet?**

Not only are there far more gluten-free options available today, but the options are also much better and more nutritious than some of the earlier gluten free products. It's super easy for us to find gluten free versions of pretty much everything we eat, and as long as we plan ahead, it's relatively easy to eat out. We've also gotten much better at baking with gluten-free flour - it takes a bit of time to get used to!



**What do you wish you knew when you first went gluten free or what advice do you have for folks who are new to the gluten-free life?**

If you're just starting a gluten-free diet, take some time to research products and figure out what works for you and your family. It took us a while to find a gluten-free bread that we actually enjoyed eating...we were so thrilled when we discovered Canyon Bakehouse Gluten Free a few years ago and we've obsessed ever since! Another piece of advice: be sure to research foods that contain gluten as they are often hidden in things you may not expect (sauces, condiments, vegan meat alternatives etc). Pay attention to labels!

**Can you share something positive or uplifting about going gluten-free?**

Although everyone is different, going gluten free has really changed our lives. We both feel so much better mentally and physically - it's amazing what a small dietary change can make! We've also been fortunate to connect with so many fantastic gluten-free companies that are committed to making high quality gluten-free products for those that need them.

**How do you stay gluten-free? Where are the hardest situations and what advice can you offer someone new to this?**

About 2 and a half years ago, I tried incorporating gluten back into my diet just to see what would happen. To make a long story short, I got so sick and was quickly reminded why I'm much better off without gluten in my diet, so to be honest, it's a very easy decision for me! We have found that it's most difficult to stay gluten-free while traveling. Depending on where you're traveling, there may be fewer gluten-free alternatives available, and you may be more tempted to try foods that aren't available at home. We always try to pack a few small products that we can enjoy on-the-go, and we also spend some time researching gluten free-friendly restaurants and grocery stores in the area.







**ERIKA LENKERT**

IG: @GFFMAG | GFFMAG.COM

**How long have you been gluten free?**

I went gluten free in 2001 after becoming extremely sick. Going on an elimination diet I discovered that gluten was the reason I was gaining tons of weight, feeling crummy and bloated, and suffering from skin conditions.

**Why did you go gluten free?**

I have not been tested for celiac disease because I stopped eating gluten before I could get tested, and to test properly, you had to be actively eating gluten. Plus, there wasn't a lot of investigating going on back then, so I just stuck with a GF diet and never looked back. Meanwhile, my mother-in-law who I met three years into my GF life, had celiac disease, and my three year old daughter began reacting to wheat with a massive rash on her face and in the crooks of her arms and legs. She's been gluten free for years now, too. We haven't given her the test yet, but we might do it this summer so we can get her a solid diagnosis; it's really hard for kids to 100% abstain from every single bite of pizza or cake when there's a slight perception of wiggle room! Meanwhile, we maintain a very GF household, and my magazine makes that easy and exciting since we're always testing new amazing recipes and products at our house!

**What do you wish you knew when you first went gluten-free or what advice do you have for folks who are new to the gluten-free life?**

I was lucky. I was brought up eating and cooking with whole ingredients, so I didn't have to change my diet much when I went GF. Plus, I'm a salt and fat girl, so I don't have a problem turning away from "glutenful" desserts as much as I do French fries, which are GF, thank goodness, provided they're not dusted in flour (some frozen brands do that for extra crispness). Also, before I went GF, I was a food critic and stopped eating bread because it always filled me up before I could get to the meal. So, the transition for me was pretty easy. But one thing people new to



a gluten-free lifestyle should know is that eating and cooking GF is a lot easier than you think, and you won't have to give up the things you love. You just need to know where to find the best recipes and products, because there's a lot of schlock out there. It's also important to find out what unsuspecting foods and ingredients contain gluten so you can be your own advocate while shopping and eating in restaurants.

### **Can you share something positive or uplifting about going gluten-free?**

There are SO MANY! First, there's so much pesticide sprayed on a lot of the wheat grown in the US, you automatically sidestep eating it.

Second, and perhaps more exciting, you're coming into the GF life at a time when there are more resources and delicious products than ever before. Pasta, bagels, breads, cookies, cakes, brownies—there's almost nothing that can't be made or found gluten free these days (perfect croissants excluded), and the flavors and textures are finally up to par, if you know what to buy or what recipes to follow. (Self-promotion warning: my magazine, [gffmag.com](http://gffmag.com), focuses squarely on the very best recipes and products, so you don't have to eat a bunch of disappointing stuff to find your happy place.)

Third, provided you don't live on packaged GF foods, a gluten-free lifestyle can help you to learn how to enjoy more whole foods, which is a healthier way to go anyway. Tip: one of the challenges of a GF diet is getting enough fiber; eating vegetables, fruits, and beans can help with that.

### **How do you stay gluten free? Where are the hardest situations and what advice can you offer someone new to this?**

Again, it's really important to begin understanding what ingredients and foods contain gluten. It's not just the obvious things, like baked goods. Soy sauce, many types of miso, some readymade salad dressings, and so many other items contain gluten. The more you know, the easier it is to avoid unintentionally glutting yourself. It's also critical to learn how to read food labels. We have an article on it at [gffmag.com](http://gffmag.com) that can help with that.

With practice, you'll also become good at knowing which servers in restaurants know what they're talking about and which have no clue. (We have a great article about eating out in restaurants, too.) But in general you'll have better luck dining in restaurants that cook with whole ingredients, as they are more likely to know exactly what's in each dish than places that use readymade dressings, sauces, etc.

As for friends' houses, that can be tricky because you may not feel comfortable grilling the host on every ingredient in every dish. If it's welcomed, I always like to bring a dish with me to contribute to the meal; that way I know my family has something safe to eat.





## CANYON'S GUIDE TO:

# GRAINS

Oats specified  
as gluten free.



## GLUTEN-FREE

- AMARANTH •BUCKWHEAT
- QUINOA •TEFF •TAPIOCA
- OATS •SORGHUM •RICE
- MILLET

The name may throw you off,  
but buckwheat does not contain  
wheat and is naturally gluten free.



There are many wheat varieties  
such as: spelt, kamut, farro,  
bulgar, semolina, & durum.



# GLUTEN-FILLED

- WHEAT • BARLEY
- MALT • EINKORN
- FREEKAH
- RYE

Also, be careful of cross-contaminated  
oats or oats not specified as gluten free.





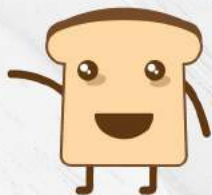


# BREAKFAST

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Here are a few of our favorites to get you started.

looking for more ideas? we have  
nearly 300 recipes on our website!  
[canyonglutenfree.com/recipes](http://canyonglutenfree.com/recipes)









**ALWAYS GLUTEN FREE**

## **BREAKFAST SANDWICH WITH AVOCADO, ZUCCHINI AND HERBS**

### **INGREDIENTS**

- **1 Canyon Bakehouse Original English Muffin, halved and toasted**
- ¼ C. Spiralized Zucchini
- ½ Avocado, smashed
- 1 Tbsp. Fresh Herbs
- Microgreens
- Red Chili Flakes
- Flaked Sea Salt
- 1 Egg, cooked over easy or over medium

### **DIRECTIONS**

1. Spread two toasted English Muffin halves with smashed avocado.
2. Assemble the zucchini, avocado and herbs on top of the avocado.
3. Garnish with microgreens, red chili flakes and sea salt.

**YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE**

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**ALWAYS GLUTEN FREE**

## MEDITERRANEAN BREAKFAST BAGEL SANDWICH

### INGREDIENTS

- 1 Canyon Bakehouse Everything Bagel
- Pesto to spread on both halves of the bagel
- Sundried Tomatoes
- Feta Cheese
- Basil
- 1 Egg, fried

### DIRECTIONS

1. Toast the bagel.
2. Fry the egg on medium heat in a pan with some cooking oil until the whites are completely cooked and the yoke is cooked to your liking.
3. Spread both halves of the bagel with pesto
4. Layer one side with sundried tomatoes, the fried egg, feta cheese and basil.
5. Place the second half onto the bagel and enjoy immediately!

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BREAKFAST

**ALWAYS GLUTEN FREE**

## GLAZED CINNAMON RAISIN BREAKFAST BAKE

### INGREDIENTS

#### Casserole

- 1 Loaf Canyon Bakehouse Cinnamon Raisin Bread
- 3 eggs
- $\frac{3}{4}$  C. Milk
- $\frac{1}{4}$  C. Maple Syrup
- 1 Tbsp. Brown Sugar
- 1 Tbsp. Butter, melted

#### Crumbled Topping

- 3 Tbsp. Brown Sugar
- 2  $\frac{1}{2}$  Tbsp. Gluten-Free Flour
- 2  $\frac{1}{2}$  Tbsp. Butter, softened
- $\frac{1}{4}$  C. Walnuts, chopped

#### Glaze

- 1 C. Powdered Sugar
- 1 Tbsp. Butter, melted
- 2 Tbsp. Almond Milk
- $\frac{1}{2}$  tsp. Vanilla Extract

### DIRECTIONS

1. Pre-heat oven to 350 degrees and prepare a 9  $\frac{1}{2}$  x 6  $\frac{1}{2}$  inch baking dish with the melted butter.
2. To make the crumbled topping, combine the brown sugar, gluten-free flour in a small mixing bowl.
3. Add the softened butter and use a fork to combine until small, even clusters form.
4. Stir in the chopped walnuts and set the mixture aside.
5. In a medium mixing bowl, whisk together the eggs, milk, syrup, and brown sugar.
6. Add the diced cinnamon raisin bread and toss to coat.
7. Place the bread mixture into the prepared baking dish and top with crumbled topping.
8. Bake for approximately 40-45 minutes.
9. In a small mixing bowl, whisk together the glaze ingredients.
10. Once the bake has cooled slightly, drizzle with the glaze and serve warm.

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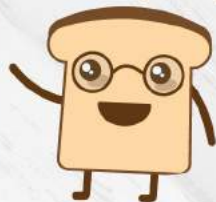


# LUNCH & DINNER

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## STEAK AND CARAMELIZED ONION SANDWICHES

### INGREDIENTS

- 4 slices Canyon Bakehouse Heritage Honey White Bread, toasted
- ½ lb. Flank Steak
- 1 Onion, sliced in ¼ inch rings
- 2 Tbsp. Olive Oil
- Stone Ground Mustard
- Arugula or Microgreens

#### Steak Rub

- 2 tsp. Black Pepper
- 2 tsp. Sea Salt
- 1 tsp. Granulated Garlic
- 1 tsp. Granulated Onion
- 1 tsp. Ground Coriander
- 1 tsp. Dill Seeds (optional)

### DIRECTIONS

1. In a small bowl, combine the ingredients for the spice rub and set aside.
2. Allow the steak to rest at room temperature for 30 minutes before drying with a paper towel and applying the spice rub to all sides.
3. Prepare the Grill.
4. Cook the spice-rubbed steak to medium rare and allow it to rest before slicing.
5. To caramelize the onions, heat the oil in a large skillet over medium heat.
6. Place the sliced onions in a thin layer on the bottom of the skillet. Cook for about 5 minutes.
7. Cover, reduce heat to medium-low, and cook for about 25 minutes, stirring occasionally. Add small amounts of water as needed to avoid sticking.
8. Once the meat has rested and cooled slightly, cut into ½ inch slices.
9. Make two sandwiches; assemble the meat, onions and arugula or microgreens between the toasted bread slices, spread with stone ground mustard.

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## CHICKPEA SALAD SAMMIE

### INGREDIENTS

- 4 slices Canyon Bakehouse Mountain White Bread
- ½ C. Canned Chickpeas, mashed
- ½ Avocado, mashed
- 1 Tbsp. Plain Yogurt (optional)
- ½ Tsp. Fresh Lemon Juice
- 1 Tbsp. Green Onion, chopped
- 1 Tbsp. Parsley, chopped
- Salt and Pepper, to taste
- Lettuce or Sprouts

### DIRECTIONS

1. In a small mixing bowl, combine the first 7 ingredients.
2. Toast the bread, if desired and top two slices with chickpea salad and lettuce/sprouts.
3. Top the sammies with the remaining two slices of bread and serve.

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**ALWAYS GLUTEN FREE**

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## **TURKEY, BACON, AND SWISS SANDWICH**

### **INGREDIENTS**

- 2 Slices Canyon Bakehouse Honey Oat Bread, toasted
- 3 oz. Thick Sliced Turkey Breast
- 2 Slices Thick Bacon, cooked
- 2 oz. Swiss Cheese, sliced
- Dijon Mustard
- Prepared Cranberry Pepper Jelly

### **DIRECTIONS**

1. Spread one slice of toast with Dijon mustard and the other with cranberry pepper jelly.
2. Assemble the ingredients between the two slices of toast.
3. Enjoy!

**YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE**

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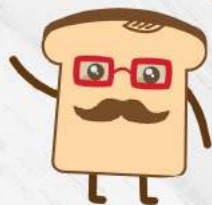


# DESSERT

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**ALWAYS GLUTEN FREE**

## CHOCOLATE HAZELNUT TARTLETS

### INGREDIENTS

- 2 Pkg. Canyon Bakehouse Brownie Bites
- 12 oz. Dark Chocolate, finely chopped
- 1 C. Canned Coconut Milk
- 1 tsp. Vanilla Extract
- ¼ C. Toasted Hazelnuts, chopped

### DIRECTIONS

1. Press the brownie bites into 3-4 non-stick tartlet pans.
2. Place the dark chocolate in a glass bowl.
3. In a small saucepan over medium low heat, bring the coconut milk to a simmer.
4. Pour the hot coconut milk over the chocolate and allow it to stand for 2-3 minutes.
5. Add the vanilla to the mixture and whisk until smooth.
6. Pour the chocolate mixture into the formed crusts and chill the tartlets for 1-2 hours.
7. To serve, garnish the tartlets with chopped hazelnuts.

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**ALWAYS GLUTEN FREE**

## STRAWBERRY CHURRO-STYLE FRENCH TOAST

### INGREDIENTS

- 1 Loaf Canyon Bakehouse Mountain White Bread
- 2 Eggs
- ½ C. Milk
- ½ tsp. Vanilla
- 2 Tbsp. Butter
- ¼ C. Brown Sugar
- ½ tsp. Cinnamon, ground
- ½ C. Strawberry Preserves

### DIRECTIONS

1. Cut each slice of bread using heart-shaped cutters.
2. Combine the cinnamon and sugar. Set aside.
3. In a small mixing bowl, whisk together the eggs, almond milk and vanilla.
4. Melt the butter in a large skillet over medium heat.
5. Working one at a time, lightly coat each slice of bread with the batter on both sides before adding to the skillet. Cook for 1-2 minutes, flipping mid-way through, until golden brown.
6. Immediately after cooking, place the toasts in the cinnamon/sugar mixture and toss to coat.
7. Place 1-2 tsp. preserves onto one slice, and place another on top to make a heart-shaped sandwich.
8. Garnish to taste with melted chocolate drizzled on top.

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DESSERT

**ALWAYS GLUTEN FREE**

## MAPLE SHAKE WITH FRENCH TOAST SKEWER

### INGREDIENTS

#### French Toast

- 1 slice Canyon Bakehouse Mountain White Bread
- 1 Egg
- ¼ cup Milk
- 1 tsp. of Cinnamon
- 1 tsp. of Nutmeg
- 2 Tbsp. of Maple Syrup

#### Shake

- 1 C. of Vanilla Yogurt
- 3 Tbsp. of Maple Syrup
- 1 Banana
- 1 tsp. of Cinnamon
- 1 tsp. of Nutmeg

### DIRECTIONS

1. Blend all shake ingredients in a blender on high until fully blended
2. Whisk the egg, milk, cinnamon, nutmeg and maple syrup together in a shallow rimmed dish and let bread soak for 2 minutes on each side.
3. Fry the bread in a small pan on medium heat until golden brown on both sides.
4. Cut the bread into squares and place on a skewer with your favorite fruit.
5. Enjoy the French toast and the shake together!

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE

Web: [CanyonGlutenFree.com](http://CanyonGlutenFree.com) | IG: [@canyonglutenfree](https://www.instagram.com/canyonglutenfree)

# WHOLE GRAINS, WHOLE HEARTEDLY



All of our products are made using whole grains, which means instead of using refined grains, we use the entire grain, allowing our products to be full of the wonderful nutrients naturally found in these grains.

How much is enough?

According to the Dietary Guidelines for Americans, adults should eat at least 3-5 servings of whole grains every day. Even kids need 2-3 servings a day! One slice of our bread is the equivalent to one serving - just another reason to stack up that sandwich!

## DID YOU KNOW?

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases, including type 2 diabetes, heart disease and obesity.

(source: Bell Institute, "Whole Grain and Health - Get the Whole Story")

12 grams of  
other ingredients

16 grams of  
whole grain  
flour

1 ounce slice  
weighs 28g



Have you seen this stamp on our packaging? We've partnered with the Whole Grains Council to make it easy to know where to get your daily servings of whole grains!





# HEALTHY IS ANYTHING BUT ANCIENT

Although ancient grains are, well, ancient - it wasn't until recently that the name started buzzing around grocery stores across the country. So what's the deal? Ancient grains are loaded with vitamins and minerals like iron, fiber, omegas and antioxidants. And the best part? They're naturally gluten free!

**CAN YOU NAME THE SEVEN  
ANCIENT GRAINS IN OUR  
7-GRAIN BREAD?**



millet



sorghum



brown rice



buckwheat



teff



quinoa



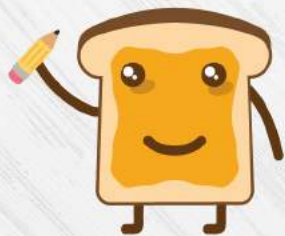
amaranth

# NOTES

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you butter write  
that down!





**LOVE BREAD AGAIN.®**

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KEEP  
CALM  
AND  
CANYON  
ON



