

**FRIDAY & SATURDAY:** Iced Sugar Cookies, Oatmeal Chocolate Chip Walnut Cookies, Snickerdoodles, Classic Chocolate Chip Cookies & Pecan Cinnamon Rolls

\*Our sweets are made in very small batches. Please place your order 3-4 days in advance so we can be sure to we have all required ingredients available.

**THE HORSTMAN FAMILY BREAD STORE** Store Hours: Tues. - Sat. 7:00 AM - 5:00 PM Closed: Sun. & Mon. Hot coffee and breakfast items available everyday at 7am! Hot bread each day at 9:30 AM with a full selection and orders ready at 1:00 PM. Most breads cannot be sliced until 3:00 PM each day.

## **GREAT HARVEST'S FRESH IS FRESHER**

When most people think of fresh bread, they recall a "flavor memory" of warm bread, just baked in the oven. In fact, so-called "fresh" baked bread is often made from frozen dough. It may have been processed in bulk at a central distribution center and then sent to various store locations months ago. Even if the dough was recently made, it was most likely made from commercial flour with additives, conditioners, and other manipulation of the wheat's original form. In other words, what you may think of as "fresh baked bread" is probably not very fresh at all — only recently baked.

As with any plant-based whole food, the less processing wheat is subjected to, the more nutrition and flavor it retains. At Great Harvest, when we talk about fresh bread, we mean that our superior, non GMO wheat kernels are ground into fresh whole grain flour and each morning we add only simple, recognizable ingredients to compliment the sweet, nutty flavor of the wheat. We make fresh dough from scratch, by hand, and bake it for you.







**VEGGIE CHICKPEA SANDWICH FILLING** 1 (19 oz.) can garbanzo beans, drained & rinsed 1 stalk celery, chopped 1/2 onion, chopped 1 tablespoon mayonnaise 1 1/2 teaspoons lemon juice 1 teaspoons dried dill weed Salt & pepper to taste Drain and rinse chickpeas. Process them in a food processer or mash them with a fork in a medium size bowl. Mix in celery, onion, mayonnaise, lemon juice, dill, salt and pepper. Serve or refrigerate for later. \*Adjust ingredients to your taste\* Try it on Pumpernickel Rye or Ten Grain with lettuce and tomato! Yum!



Great Harvest baked goods make a delightful gift for any occasion. **"One size fits all."** Great taste and good health never go out of style!

## GREAT HARVEST ENERGY BARS A GREAT "ON THE GO" SNACK

Oats, cranberries, raisins, honey, oat bran, wheat bran, peanut butter, salt, nutmeg, sesame seeds, ground flax seed, vanilla & almond extract.

An excellent snack for runners, hikers and swimmers!

