



Great Harvest Bread Co.®

8668 N. Union Blvd Colorado Springs, CO 80920 719-635-7379

GET HEALTHY

Fiber is a key component of a healthy diet. We grind our whole wheat flour fresh each day. You can find a variety of 100% whole grain breads every day. Try our **HONEY WHOLE WHEAT, DAKOTA, or HIGH FIVE FIBER** with 5 grams of fiber per slice. See the back of this newsletter for more information on whole grains.



SOUPER DEAL!

BUY A SOUP MIX AND GET FREE FRESH >>> GREAT HARVEST ROLLS

It's the perfect time for a warm bowl of soup and we've got a great deal for you! Buy any one of our **FRONTIER HEAVY MEALS OR MADE IN MINUTES** make-at-home soups and we'll give you 1/2 dozen classic dinner rolls **FREE!**

FRONTIER also offers several gluten-free soup varieties.



JANUARY BREADS



EVERYDAY BREADS:

Honey Whole Wheat, Harvest White, Honey Harvest Blend, Dakota, Apple Cinnamon Swirl, Cinnamon Swirl, Cinnamon Chip, Cheddar Garlic, Asiago Pesto, Pumpkin Chocolate Chip, Glutenless Pumpkin Chocolate Chip

- MON:** *Everyday Breads, Hard Crusted Sourdough, Asiago Sourdough*
- TUES:** *Everyday Breads*
- WED:** *Everyday Breads, Glutenless Rice, Glutenless Dakota, Glutenless Buckwheat, Glutenless Apple Cinnamon, Glutenless Cinnamon*
- THUR:** *Everyday Breads, Hard Crusted Sourdough, Asiago Sourdough, High 5 Fiber*
- FRI:** *Everyday Breads, Challah, Baker's Choice*
- SAT:** *•Everyday Breads*

FRIDAY BAKER'S CHOICE

- January 4: Cinnamon Chip Raisin Challah
- January 11: American Rye
- January 18: Rocky Mountain Crunch
- January 25: Triple Berry Swirl
- February 1: Cranberry Orange



GOODIES

YUM!

EVERY DAY

Cinnamon Rolls, Berry Knots, Apple Knots, Whole Wheat Apple Pecan Coffee Cake

Muffins: *Carrot Flax Raisin Walnut, Pumpkin Chocolate Chip, Blueberry Maple*

Scones: *Cranberry Orange, Blueberry Cream Cheese*

Cookies: *Oatmeal Chocolate Chip, Sugar, Chocolate Trio, Snickerdoodle*

Trail Bars: *Palmer Park • Cashew Crunch, Seedy Side*

Biscotti: *Mocha • Vanilla Almond*

Gluten Free Goodies: *Pumpkin Chocolate Chip Muffins,*

Sugar Cookies, Triple Chocolate Chip Cookies,

Cranberry Orange Scones

Union Town Center Monday—Friday 6:30 am—6:00 pm, Saturday 7:00 am—3:00 pm Phone: 635-7379

www.GreatHarvestColoradoSprings.com

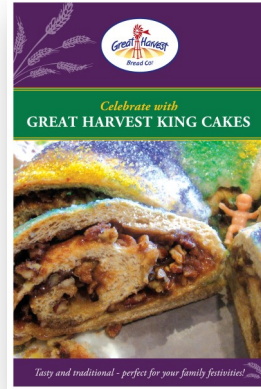
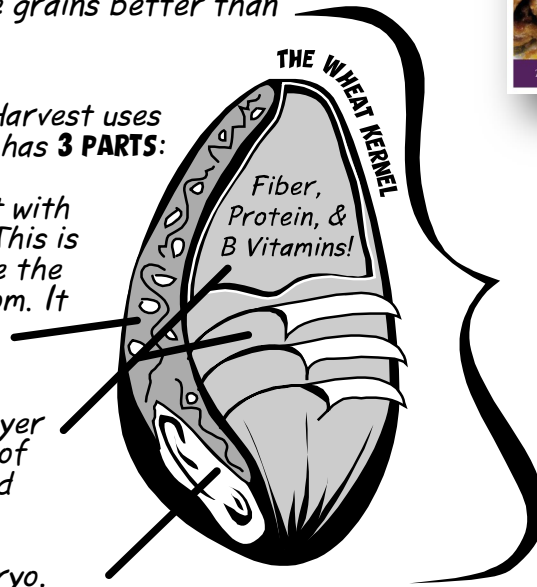
WHOLE GRAINS: THE POWER OF THREE!

Many of us are thinking about our health as we look towards the new year. **WHOLE GRAINS** should be a prominent part of a healthy diet. At **Great Harvest Bread Co.** we understand the magic of whole grains. That's why we're here. We have been the whole-grain headquarters for nearly 30 years. Whole grains are our specialty - they're what we do.

We mill whole grains in our store every day, so they're always fresh. The truth is that nobody does whole grains better than Great Harvest.

In baking **WHOLE-GRAIN BREADS** Great Harvest uses the **ENTIRE KERNEL**. Each wheat kernel has **3 PARTS**:

- 1) The **ENDOSPERM** is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins.
- 2) The **BRAN** is the fiber-rich outer layer that makes up about 14.5 percent of the kernel and contains protein and B-complex vitamins.
- 3) The **GERM** is the nutrient-rich embryo, the sprouting section, that packs abundant E & B-complex vitamins and trace minerals.



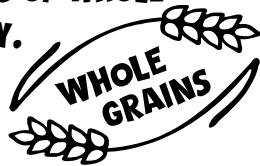
KING CAKES

Fat Tuesday
is
March 5th

(Available now until 3/30/19)

- ◇ Cinnamon
- ◇ Cinnamon Pecan
- ◇ Cream Cheese
- ◇ Blueberry Cream Cheese
- ◇ Apple Cinnamon
- ◇ Apple Cream Cheese
- ◇ Cherry Cream Cheese
- ◇ Triple Berry Cream Cheese

ACCORDING TO USDA DIETARY GUIDELINES,
YOU SHOULD EAT 3 SERVINGS OF WHOLE
GRAINS EVERY DAY.



KIDS CORNER

Hey Kids!

Be sure to grab a January coloring page. Decorate it however you like, using crayons, pens, buttons, string, or even noodles! Then bring it back into Great Harvest and you'll get a **FREE COOKIE!**

GREAT HARVEST BEER CHEESE DIP IN A BOWL

INGREDIENTS:

- 1 loaf of your favorite round Great Harvest bread (try Cheddar Garlic)
- 1 Jar (28 oz) Cheese Whiz
- 1 tsp garlic salt
- 1 tsp Worcestershire sauce
- 1/2 cup beer

Pour beer into blender. Add Cheese Whiz, garlic salt, and Worcestershire sauce—blend until smooth

Hollow out bread—tearing pieces into bite size pieces. Pour cheese mixture into hollowed out bread. Dip and enjoy! When you run out of bread start tearing the bowl apart! Makes 8-10 servings