

FRESH INGREDIENTS

Produce in its peak season tastes best. That's why Breadsmith has such a strong focus on freshness. For example, we only make Lemon Blueberry Bread when blueberries are in season.

WATCHING PORTIONS

It is smart to compare portion (what you eat) with serving size. But keep in mind that serving size is not a recommendation of what you should eat; it is a standardized way to compare similar foods with each other. Considering portion and serving size side-by-side allows you to calculate the nutrition you actually consume. This helps to be more aware of what you eat and therefore consume more of what's healthy and less of what's not.

For example, if you have a sandwich (one portion) with two slices (two servings) of Breadsmith 100% Whole Wheat, you accounted for two of your grain servings for the day. And when you're in the mood for something sweet, that Mini Cinnamon Bun is not only cute, but it is also a good way to not overindulge.

HELP WITH SODIUM CONTROL

"Nearly all Americans consume substantially more salt than they need," according to the US Department of Health. Many people avoid excess sodium in their diets as a way to reduce the risk of high blood pressure. It is recommended that adults consume less than 2,300 mg of sodium per day. Foods considered low in sodium have 140 mg (five percent of daily value) or less in sodium.

ALLERGIES?

Breadsmith breads are made in a facility with nuts, eggs, wheat and soy milk. Review the ingredient chart for detailed information.

BRATS, BURGER, DINNER and MINI SANDWICH

BUNS: These are shaped using our Honey White and Honey Wheat recipes most often. During the holidays look for additional options. Also, be sure to try Pretzel Buns, available year-round, to add a delightful flavor.

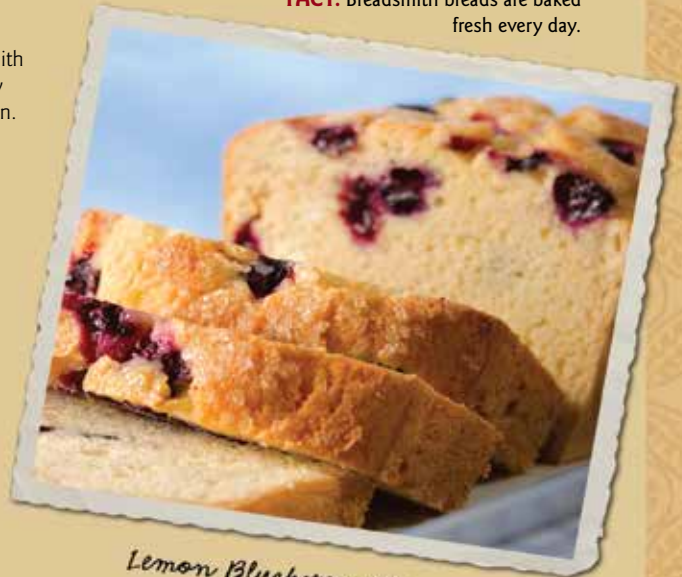
VEGAN OPTIONS: Many Breadsmith breads are vegan, which means they contain no animal products.

CITATIONS Thanks to:

Mayo Clinic Staff. "Dietary Fiber: an Essential Part of a Healthy Diet." 30 Nov. 2007. Mayo Clinic. 14 Dec. 2007 <www.mayoclinic.com>

"Dietary Guidelines for Americans." 16 Oct. 2006. US Department of Health and Human Services and US Department of Agriculture. 14 Dec. 2007 <www.health.gov/dietaryguidelines>

FACT: Breadsmith breads are baked fresh every day.



Lemon Blueberry Bread

OUR BAKERY IS DAIRY FREE

What does that mean for you? Our products do not contain any dairy ingredients. For the few products that contain an oil ingredient, we use non-GMO canola oil or a specialized non-hydrogenated margarine that contains no artificial trans fat. Most of our products contain 2 percent or less of your daily value of fat.



BREADSMITH
HAND MADE. HEARTH BAKED.

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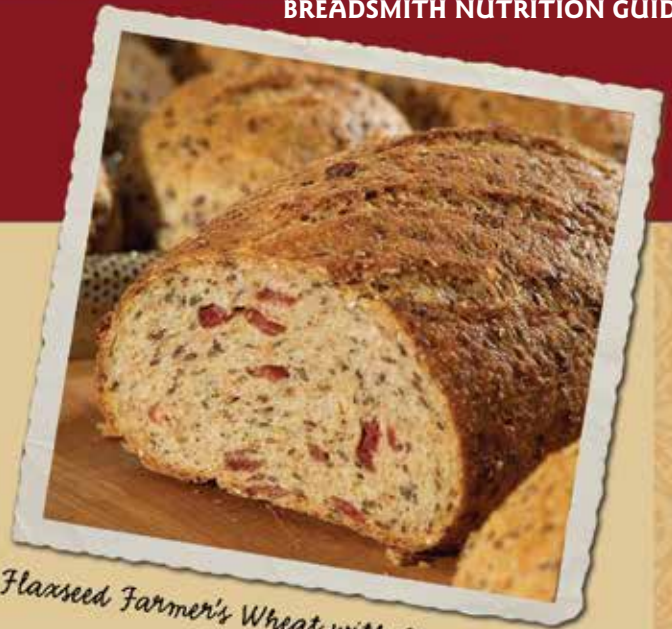
BREAD

AND YOUR HEALTH

Bread is an important part of every healthy diet. It's something that most of us consume daily as a baseline for our meals. There are a great variety of breads in the marketplace with varying levels of nutritional value. This guide is designed to make it easier for you to enjoy the Breadsmith breads that best align with your health goals.

Breadsmith specializes in handcrafted artisan breads made from scratch using the highest quality ingredients. Also, our breads are baked fresh daily, so you never have to worry about preservatives.

FACT: Whole grains are an important source of fiber because they are unrefined. That means the whole grain is left intact, keeping more of its fiber and other nutrients.



Flaxseed Farmer's Wheat with Cranberries



100% Whole Wheat

Sign up at breadsmithMN.com to get regular updates on nutrition and recipe ideas.

THE IMPORTANCE OF FIBER

According to the Mayo Clinic, a high-fiber diet may help reduce the risk of heart disease and diabetes. The foods highest in fiber include grains, whole grains, fruits, vegetables, beans and nuts. It is recommended that women consume 21 to 25 grams of fiber a day and men consume 30 to 38 grams a day.

Breadsmith breads with three or more grams of fiber per serving include:

- Austrian Pumpernickel
- Bran Muffins
- Flaxseed Farmer's Wheat with Cranberries
- 100% Whole Wheat
- 100% Whole Wheat Raisin Cinnamon

ORGANIC AND LOCAL

Our bakeries exclusively use locally sourced **organic eggs**. We only use **honey** that is guaranteed US domestic.



FACT: Breadsmith is kosher parve. Parve foods are considered neutral and can therefore be eaten with milk or meat.

BREADS/ROLLS		Serving Size	Calories	Fat	Sodium	Carbs	Fiber	Sugar
100% Whole Wheat	whole wheat flour (8), water, honey (4), salt, yeast, wheat gluten	1/2" slice	120	1	230 mg	26	3	4
100% Whole Wheat Raisin Cinnamon	whole wheat flour (8), water, raisins, honey (4), salt, yeast, wheat gluten, cinnamon	1/2" slice	110	0.5	190 mg	25	3	6
Austrian Pumpernickel	water, whole wheat flour, rye meal, cracked wheat, salt, caraway seeds, yeast	1/2" slice	120	1	150 mg	25	2	0
Blueberry Cranberry	unbleached-unbromated wheat flour, water, honey (4), dried blueberries, dried cranberries, salt, yeast	1/2" slice	100	0	150 mg	22	0	5
Caraway Rye	unbleached-unbromated wheat flour, water, rye meal, caraway seed, salt, yeast	1/2" slice	100	0	190 mg	21	1	0
Caraway Onion Rye	unbleached-unbromated wheat flour, water, rye meal, onion, caraway seed, salt, yeast	1/2" slice	110	0	200 mg	22	1	0
Chocolate Babka (3)	unbleached-unbromated wheat flour, organic soy milk (6), granulated sugar, margarine (5), water, cocoa, salt, cinnamon, yeast, vanilla, almond extract	1/2" slice	200	7	240 mg	31	1	11
Chocolate Cherry (3)	unbleached-unbromated wheat flour, water, chocolate chips (7), honey (4), dried cherries, salt, cocoa, yeast	1/2" slice	110	2	150 mg	22	1	6
Ciabatta	unbleached-unbromated wheat flour, water, salt, yeast	1/2" slice	80	0	170 mg	16	0	0
Ciabatta w/ Greek Olives	unbleached-unbromated wheat flour, water, Kalamata olives, salt, yeast	1/2" slice	80	1.5	220 mg	15	0	0
Ciabatta w/ Rosemary	unbleached-unbromated wheat flour, water, salt, garlic, rosemary, yeast	1/2" slice	80	0	160 mg	16	0	0
Cinnamon Swirl Pullman (1, 3)	unbleached-unbromated wheat flour, water, brown sugar, granulated sugar, margarine (5), organic eggs, salt, yeast, cinnamon	1/2" slice	170	6	250 mg	28	0	9
Country White (1, 3)	unbleached-unbromated wheat flour, water, granulated sugar, margarine (5), organic eggs, salt, yeast	1/2" slice	110	2	210 mg	20	0	3
Cranberry Cornbread	unbleached-unbromated wheat flour, water, cornmeal, honey (4), dried cranberries, salt, yeast	1/2" slice	120	0	170 mg	27	1	5
Crostini	slices of French Baguette, olive oil, salt, vinegar, garlic, Italian seasoning (oregano, basil, thyme, rosemary, marjoram)	1 oz. / 3 pieces	140	7	230 mg	15	1	0
Croutons	cubes of French Boule, olive oil, non-GMO canola oil, Italian seasoning (oregano, basil, thyme, rosemary, marjoram)	1 oz. / 10 pieces	70	1.5	250 mg	13	1	0
Dark Raisin Walnut Rye (2)	unbleached-unbromated wheat flour, water, raisins, rye flour, walnuts, flaxseed, honey (4), caramel color, molasses, salt, yeast	1/2" slice	140	3	115 mg	27	2	6
English Muffin Bread	unbleached-unbromated wheat flour, water, non-GMO canola oil, salt, vinegar, yeast, granulated sugar, dusted w/cornmeal	1/2" slice	110	2	220 mg	20	0	0
Flaxseed Farmer's Wheat w/ Cranberries	water, unbleached-unbromated wheat flour, whole wheat flour, dried cranberries, flaxseed, cornmeal, oats, honey (4), cracked wheat, rye meal, sunflower seeds, wheat bran, salt, yeast	1/2" slice	110	2.5	135 mg	21	2	3
Focaccia (plain)	unbleached-unbromated wheat flour, water, olive oil, granulated sugar, garlic, salt, Italian herbs, yeast, dusted w/cornmeal	1/8 focaccia	150	2	270 mg	27	0	2
French Boule/Baguette/Ficelle	unbleached-unbromated wheat flour, water, salt, yeast	1/2" boule slice	100	0	230 mg	21	0	0
French Peasant	unbleached-unbromated wheat flour, water, cracked wheat, salt, yeast	1/2" slice	110	0	240 mg	23	0	0
Granola	Oats, Honey, Walnuts, Almonds, Dried Currants, Canola Oil, Coconut, Pepitas, Flax Seeds, Sunflower Seeds, Salt, Vanilla Extract	1/2 cup	260	14	55 mg	31	5	11
Honey Wheat	unbleached-unbromated wheat flour, water, whole wheat flour, oats, honey (4), bran, salt, yeast	1/2" slice	140	1	230 mg	30	2	4
Honey Challah	unbleached-unbromated wheat flour, water, honey (4), salt, yeast	1/10 loaf	130	0	210 mg	27	0	3
Honey Raisin Challah	unbleached-unbromated wheat flour, water, raisins, honey (4), salt, yeast	1/10 loaf	130	0	220 mg	29	0	8
Honey White	unbleached-unbromated wheat flour, water, honey (4), salt, yeast	1/2" slice	90	0	150 mg	20	0	3
Hot Cross Buns	unbleached-unbromated wheat flour, water, raisins, honey (4), salt, yeast, orange peel, cinnamon icing: powdered sugar, orange juice, vanilla	1 bun	320	1	390 mg	71	1	21
Irish Soda Bread (3)	organic soy milk (6), unbleached-unbromated wheat flour, whole wheat flour, oats, margarine (5), dark raisins, golden raisins, granulated sugar, water, baking powder, honey (4), salt, baking soda, apple cider vinegar	1/2" slice	160	4	200 mg	28	2	7
Marble Rye	unbleached-unbromated wheat flour, water, rye meal, rye flour, flaxseed, honey, cornmeal, salt, onion, caramel color, molasses, yeast, caraway seeds	1/2" slice	120	1	170 mg	24	1	2
Mediterranean Herb	unbleached-unbromated wheat flour, water, dill dip seasoning, salt, yeast	1/2" slice	90	0	230 mg	19	0	0
Multigrain	water, unbleached-unbromated wheat flour, cracked wheat, cornmeal, oats, rye meal, sunflower seeds, salt, yeast	1/2" slice	120	1.5	210 mg	22	1	0
New York Style Rye	unbleached-unbromated wheat flour, water, rye meal, malt syrup, salt, caraway seeds, yeast, dusted w/cornmeal	1/2" slice	110	0	160 mg	23	0	1
Potato	water, unbleached-unbromated wheat flour, potato flour, granulated sugar, salt, yeast	1/2" slice	120	0	210 mg	24	0	1
Pretzels	unbleached-unbromated wheat flour, water, non-GMO canola oil, granulated sugar, barley malt syrup, salt, yeast, kosher food-grade lye	1 knot	510	10	560 mg	90	0	9
Raisin Cinnamon	unbleached-unbromated wheat flour, water, raisins, salt, yeast, cinnamon	1/2" slice	110	0	180 mg	25	0	4
Raisin Walnut (2)	unbleached-unbromated wheat flour, water, whole wheat flour, raisins, walnuts, salt, yeast	1/2" slice	130	3	180 mg	23	1	5
Rustic Italian	unbleached-unbromated wheat flour, water, salt, yeast	1/2" slice	100	0	200 mg	21	0	0
Sourdough	unbleached-unbromated wheat flour, water, sourdough starter, salt	1/2" slice	120	0	220 mg	24	0	0
Stollen (1, 2, 3)	unbleached-unbromated wheat flour, organic soy milk (6), margarine (5), golden raisins, currants, almonds, granulated sugar, organic eggs, dried lemons, dried oranges, rum, yeast, salt. Dusted with granulated sugar, powdered sugar	1/2" slice	180	6	65 mg	28	1	9
Vanilla Egg Challah (1)	unbleached-unbromated wheat flour, water, organic eggs, granulated sugar, non-GMO canola oil, vanilla, yeast, salt	1/10 loaf	170	3.5	70 mg	28	0	5
Vanilla Egg Raisin Challah (1)	unbleached-unbromated wheat flour, water, organic eggs, raisins, granulated sugar, non-GMO canola oil, vanilla, yeast, salt	1/10 loaf	170	3.5	65 mg	30	0	8
Walnut Babka (1, 2, 3)	unbleached-unbromated wheat flour, organic soy milk (6), walnuts, granulated sugar, margarine (5), water, organic eggs, honey (4), salt, yeast, lemon extract, orange peel, lemon juice, lemon peel	1/2" slice	200	9	200 mg	26	1	8
Wheat Lavosh Crackers	unbleached-unbromated wheat flour, water, whole wheat flour, sesame seeds, olive oil, salt, granulated sugar, yeast	2 (1 oz.)	120	3	210 mg	20	2	1

Unless noted grams is the unit of measurement. Serving size of 1/2" slice of bread is approx. 1.5 oz.; dinner rolls, burger and brat buns are approx. 4 oz.; banquet size dinner rolls/buns are approx. 2.5 oz. Muffins range from 440-720 calories. Mini muffins [100-160 cal.], Mini Scone and Mini Sweet Roll [210-470 cal.], Roll/Breadstick/Bun [210-350 cal.], (1) Contains organic eggs. (2) Contains nuts. (3) Contains soy (see 5, 6, 7). (4) US domestic pure honey. (5) Our margarine is TRANS-FAT FREE. It has these ingredients: palm oil, water, soybean oil, salt, soy lecithin, natural flavor, beta carotene (color), vitamin A palmitate. (6) Organic Soy Milk ingredients: filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carraageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12. (7) Semi-sweet chocolate chip ingredients: sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla. (8) These breads use 100% whole grain grown on small local farms and milled in NE Minnesota. [See website for latest information.](#)

SWEETS AND QUICK BREADS/MUFFINS

		Serving Size	Calories	Fat	Sodium	Carbs	Fiber	Sugar
Apple Cinnamon Bread (1, 3)	unbleached-unbromated wheat flour, apples, granulated sugar, non-GMO canola oil, organic eggs, unsweetened applesauce, baking powder, cinnamon, nutmeg. Topping: brown sugar, unbleached-unbromated wheat flour, margarine (5), cornmeal, cinnamon	1/2" slice or muffin	170 500	5 16	170 mg 500 mg	28 83	2 7	14 43
Banana Bread (1)	bananas, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, organic eggs, whole wheat flour, baking soda, salt, vanilla	1/2" slice or muffin	190 530	7 19	230 mg 650 mg	30 84	3 1	15 43
Banana Bread with Walnuts (1, 2)	bananas, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, organic eggs, walnuts, whole wheat flour, baking soda, salt, vanilla	1/2" slice or muffin	210 620	9 28	220 mg 640 mg	29 85	1 4	14 43
Banana Chocolate Chip Bread (1)	bananas, unbleached-unbromated wheat flour, granulated sugar, semi-sweet chocolate chips (7), non-GMO canola oil, organic eggs, whole wheat flour, baking soda, salt, vanilla	1/2" slice or muffin	200 590	8 23	220 mg 640 mg	31 92	1 3	17 50
Bran Muffin (1, 3)	organic soy milk (6), raisins, unbleached-unbromated wheat flour, water, applesauce, wheat bran, whole wheat flour, granulated sugar, brown sugar, molasses, organic eggs, non-GMO canola oil, baking soda, cinnamon, salt	muffin	440	6	390 mg	94	9	48
Caramel Pecan Bun (2, 3)	unbleached-unbromated wheat flour, water, brown sugar, margarine (5), pecans, honey (4), granulated sugar, salt, cinnamon, yeast, bourbon	1 bun or mini bun	630 340	23 13	650 mg 350 mg	99 54	2 1	55 30
Chocolate Chocolate Chip Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, granulated sugar, semi-sweet chocolate chips (7), unsweetened applesauce, organic eggs, non-GMO canola oil, organic soy milk (6), cocoa, chocolate extract, baking powder, salt, vanilla, baking soda	1/2" slice or muffin	240 720	9 27	170 mg 490 mg	38 114	1 4	22 66
Cinnamon Bun (1, 3)	unbleached-unbromated wheat flour, water, brown sugar, margarine (5), organic eggs, granulated sugar, cinnamon, salt, yeast. Icing: powdered sugar water, vanilla	1 bun or mini bun	620 290	19 9	860 mg 400 mg	103 47	1 1	39 18
Cranberry Orange Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, orange juice, granulated sugar, cranberries, margarine (5), organic eggs, baking powder, orange peel, baking soda, salt	1/2" slice or muffin	180 510	6 15	190 mg 520 mg	31 85	0 1	16 44
Honey Cake (1)	rye flour, honey (4), granulated sugar, water, non-GMO canola oil, organic eggs, baking soda, salt, cinnamon	1/6 loaf	240	8	280 mg	42	0	26
Lemon Blueberry Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, granulated sugar, fresh blueberries, organic eggs, margarine (5), organic soymilk (6), lemon juice, baking powder, lemon extract, vanilla, baking soda, salt	1/2" slice or muffin	190 530	6 16	250 mg 700 mg	31 86	0 1	17 46
Lemon Lavender Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, granulated sugar, organic eggs, margarine (5), organic soymilk (6), lemon juice, baking powder, fresh lavender, lemon extract, vanilla, baking soda, salt	1/2" slice or muffin	220 610	7 20	220 mg 590 mg	36 97	0 0	18 49
Honey Carrot Pineapple Muffin (1, 2)	honey (4), unbleached-unbromated wheat flour, non-GMO canola oil, fresh apples, fresh carrots, whole wheat flour, organic eggs, fresh pineapple, walnuts, baking soda, baking powder, salt, cinnamon, nutmeg, mace	muffin	580	32	930 mg	70	4	33
Pumpkin Bread and Muffins (1)	pumpkin, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, brown sugar, organic eggs, water, baking soda, salt, baking powder, allspice, cinnamon, nutmeg	1/2" slice or muffin	200 540	7 19	280 mg 770 mg	33 89	1 2	20 54
Pumpkin Bread and Muffins with Walnuts (1, 2)	pumpkin, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, brown sugar, walnuts, organic eggs, water, baking soda, salt, baking powder, allspice, cinnamon, nutmeg	1/2" slice or muffin	210 630	9 26	260 mg 790 mg	31 93	1 2	19 56
Scones: Blueberry (1, 3)	unbleached-unbromated wheat flour, fresh blueberries, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda	1 scone or mini scone	600 230	19 8	880 mg 340 mg	96 37	1 0	40 15
Scones: Chocolate Almond	unbleached unbromated wheat flour, chocolate chips, organic soy milk (6), margarine (5), granulated sugar, almond meal, organic eggs, powdered sugar, baking powder, almond extract, salt, baking soda	1 scone or mini scone	750 310	44 18	620 mg 260 mg	80 34	6 2	36 15
Scones: Coconut (1, 3)	unbleached-unbromated wheat flour, organic soy milk (6), margarine (5), granulated sugar, organic coconut flakes, organic eggs, baking powder, coconut extract, salt, baking soda, vanilla	1 scone or mini scone	600 270	24 11	770 mg 350 mg	84 38	2 1	35 16
Scones: Colorado Peach (1, 3)	unbleached-unbromated wheat flour, fresh peaches, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, cinnamon, salt, baking soda	1 scone or mini scone	550 210	19 7	840 mg 320 mg	87 33	1 0	34 13
Scones: Cranberry (1, 3)	unbleached-unbromated wheat flour, cranberries, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda	1 scone or mini scone	600 230	19 7	880 mg 340 mg	95 37	1 1	38 15
Scones: Pumpkin with Orange Citrus Icing (1, 3)	unbleached-unbromated wheat flour, brown sugar, organic soy milk (6), pumpkin, margarine (5), organic eggs, baking powder, cinnamon, ginger, nutmeg, salt, baking soda. Icing: powdered sugar, orange juice, vanilla	1 scone or mini scone	590 230	14 6	580 mg 220 mg	105 41	1 0	48 19
Scones: Maple Pecan (1, 2, 3)	unbleached-unbromated wheat flour, organic soy milk (6), pecans, margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda. Icing: powdered sugar, maple syrup, water, maple sugar, vanilla	1 scone or mini scone	730 280	33 13	770 mg 300 mg	99 38	2 1	48 19
Scones: Traditional (1, 3)	unbleached-unbromated wheat flour, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda	1 scone or mini scone	560 250	21 10	960 mg 440 mg	80 36	0 1	21 10
Traditional Cornbread (1, 3)	organic soy milk (6), unbleached-unbromated wheat flour, cornmeal, granulated sugar, organic eggs, margarine (5), water, baking powder, salt	1/2" slice or muffin	170 470	5 13	320 mg 870 mg	28 76	0 1	9 23
Walnut Babka Roll	unbleached-unbromated wheat flour, organic soy milk (6), walnuts, granulated sugar, margarine (5), water, organic eggs, honey (4), salt, yeast, lemon extract, orange peel, lemon juice, lemon peel	1 roll or mini roll	690 320	31 14	700 mg 320 mg	91 42	2 1	29 14
Zucchini Bread (1)	unbleached-unbromated wheat flour, granulated sugar, fresh zucchini, non-GMO canola oil, organic eggs, vanilla, cinnamon, salt, baking soda, baking powder	1/2" slice or muffin	230 630	10 26	170 mg 460 mg	33 92	0 1	19 53
Zucchini Bread w/ Walnuts (1, 2)	unbleached-unbromated wheat flour, granulated sugar, fresh zucchini, non-GMO canola oil, organic eggs, walnuts, vanilla, cinnamon, salt, baking soda, baking powder	1/2" slice or muffin	240 710	11 34	160 mg 470 mg	32 95	0 1	19 55

BROWNIES AND COOKIES

Brownie (1, 3)	granulated sugar, semi-sweet chocolate chips (7), unbleached-unbromated wheat flour, organic eggs, margarine (5), cocoa, vanilla	1 large	960	46	400 mg	136	5	97
Chocolate Sugar Cookie (1, 3)	brown sugar, unbleached-unbromated wheat flour, margarine (5), granulated sugar, organic eggs, cocoa, vanilla, salt, baking soda, baking powder	1 cookie	260	12	230 mg	38	2	23
Lemon Sugar Cookie (1)	unbleached-unbromated wheat flour, granulated sugar, margarine, organic eggs, powdered sugar, baking soda, vanilla, lemon peel, lemon extract, salt	1 cookie	230	8	170 mg	35	0	20
Peanut Butter Cookie (1, 2, 3)	peanut butter, unbleached-unbromated wheat flour, granulated sugar, margarine (5), brown sugar, organic eggs, vanilla, baking powder, salt, baking soda	1 cookie	280	15	230 mg	31	1	18
Peanut Butter Chocolate Chip Cookie (1, 2, 3)	semi-sweet chocolate chips (7), peanut butter, unbleached-unbromated wheat flour, granulated sugar, margarine (5), brown sugar, organic eggs, vanilla, baking powder, salt, baking soda	1 cookie	280	16	170 mg	32	2	21
Soft Gingerbread Cookie (1, 3)	unbleached-unbromated wheat flour, brown sugar, margarine (5), organic eggs, molasses, cinnamon, baking powder, baking soda, ginger, salt	1 cookie	260	10	250 mg	39	0	23