



**Stonemill Bakehouse**  
**New Product Fact Sheet**  
***Ingredients you can pronounce***

**Sprouted Grains, Psyllium-12 Grain Rye Bread**

Made with whole sprouted grains, organic whole rye and ancient whole grains like amaranth, kamut and spelt. Psyllium husk fibre is added to the ingredients and, as it is one of nature's highest sources of soluble dietary fibres, may help to reduce cholesterol and promote regularity. The sprouted grains are a rich source of lignans – plant estrogens that have shown to possess potential preventative benefits against heart disease and various cancers. Sprouted grains can also act as potent detoxifiers for the kidneys, liver and intestines.\*

**Great for lunch!** A delicious and wholesome lunch combined with sandwich meat and vegetables.

- No added sugar
- No added fat
- All natural ingredients and no chemical additives
- Dairy free

**Sprouted Grains, Prebiotic-Flax Bagel**

The Sprouted Grains Prebiotic-Flax Bagel contains inulin, which is an insoluble dietary fibre that reaches the intestines undigested and supports the growth of beneficial lactic acid bacteria, helping to maintain regularity. Other wholesome ingredients include: 100% sprouted grains, ground and whole flax seeds, rolled oats, inulin and cracked soy. \*

**Great for breakfast or lunch!** The sprouted grains are slowly metabolized, leaving you feeling less hungry but energized throughout the day.

- No chemical additives and preservatives
- No added fats
- Dairy free
- All natural ingredients

**Raisin & Muesli Bread**

The Raisin & Muesli Bread is the only whole grain bread of its kind on the market. It is made with 100% organic whole grain wheat, ground & whole flax, rolled oats, cracked soy, whole grain rye flour and of course, plenty of raisins. Of note, Stonemill has mixed the flax seeds into the dough, rather than baking them on top of the bread, in effect, making the loaves more child-friendly and easier to eat for people who wear dentures.

**Great for breakfast!** The touch of honey gives your body an instant energy boost, while the whole grains will keep you energized until lunch.

- No chemical additives and preservatives
- No added fats
- Dairy-free
- All natural ingredients

**\*Please see additional fact sheet re: Sprouted Grains.**