GET TO KNOW OUR WHEAT FLOORS

Wondering which of our high quality flours is best for your next baking project? Check out our snapshot guide:

**Whole Wheat Flour**
- 13-15% Protein
- Ground from hard red wheat berries
- Whole grain: includes the germ and bran
- Great for yeasted breads
- Whole grains add weight and density to baked goods
- Replace 50% of white flour in recipes with whole wheat flour for added nutrition and texture

**Artisan Bread Flour**
- 12.5-13.5% Protein
- Ground from hard red wheat berries
- Refined: germ and bran removed
- Unbleached and unbromated
- Ideal for sandwich loaves, baguettes, pizza crust, rolls, bagels and more
- High protein content boosts gluten development
- Produces a chewier texture, higher rise and crisper crust
- Enriched with niacin, iron, thiamin, riboflavin and folic acid

**Unbleached White All Purpose Flour**
- 10-12% Protein
- Ground from hard red wheat berries
- Refined: germ and bran removed
- Unbleached and unbromated
- Good for all baking, including pancakes, cookies and brownies
- Regular is enriched with niacin, iron, thiamin, riboflavin and folic acid
- Organic is not enriched

**Unbleached White Fine Pastry Flour**
- 8-9% Protein
- Ground from soft white wheat berries
- Refined: germ and bran removed
- Unbleached and unbromated
- Ideal for pie crusts, pancakes, cupcakes and cookies
- The low protein content makes terrifically tender baked goods
- Do not use for yeasted breads
- Enriched with niacin, iron, thiamin, riboflavin and folic acid

**Whole Wheat Pastry Flour**
- 9-11% Protein
- Ground from soft white wheat berries
- Whole grain: includes the germ and bran
- Great for baked goods leavened with baking powder or soda, like cookies, muffins or biscuits
- Do not use for yeasted breads: use whole wheat flour instead
- Replace ¾ cup whole wheat pastry flour for every 1 cup white flour

**Super Fine Unbleached Cake Flour**
- 7-8% Protein
- Ground from soft white wheat berries
- Refined: germ and bran removed
- Unbleached and unbromated
- A must-have ingredient for pound cakes and angel food cakes
- Fine texture is ideal for airy, delicate cakes
- Low protein content creates baked goods with a delicate crumb
- Enriched with niacin, iron, thiamin, riboflavin and folic acid

**Ivory Wheat Flour**
- 11-13% Protein
- Ground from hard white wheat berries
- Whole grain: includes the germ and bran
- Can be used in all baked goods
- Color and flavor much like white flour, nutritionally closer to whole wheat flour
- Can replace whole wheat flour 1:1 in recipes