



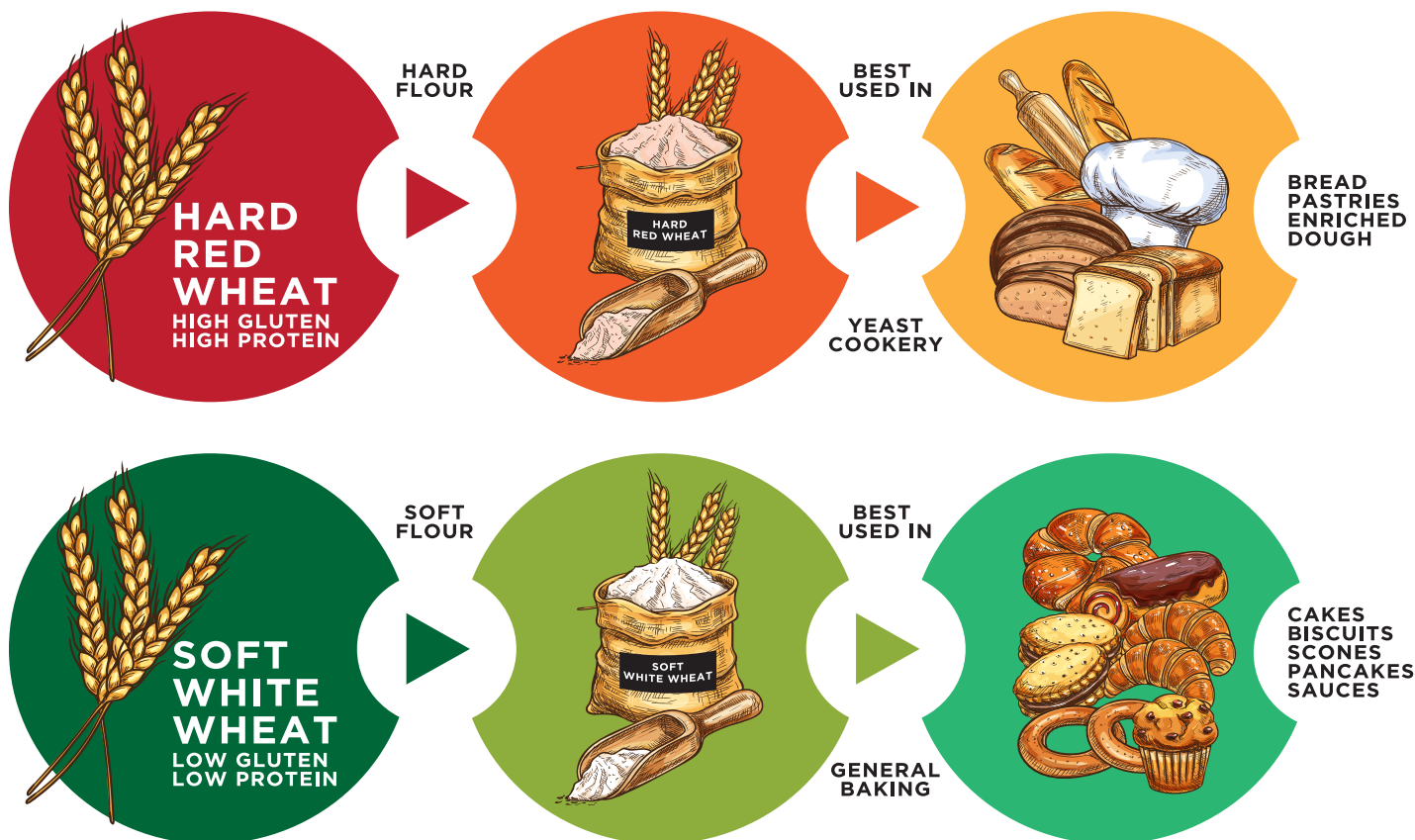
# BACK TO BASICS

## BAKING WITH OTTAWA VALLEY GRAIN PRODUCTS

When we make flour it is truly back to basics; we make simple whole grain flours with nothing added and nothing taken out.

This flour is not your typical general all-purpose flour instead, our nutritious flours are made from the crops, as they were grown by local farmers.

Our Wheat flours are made from either **Hard Red** Wheat or **Soft White** Wheat. These two flours are very different from one another and can be used alone or mixed with one another to create many delicious foods!



For more possibilities check out our non-wheat flours such as Barley, Rye and Oats. They can be used on their own or as part of a flour blend.

Connect with us  
f @OttawaValleyGrainProducts 📷 @ottawavalleygrain  
for recipes and show us your creations!

SHOP ONLINE at [www.OTTAWAVALLEYGRAIN.ca](http://www.OTTAWAVALLEYGRAIN.ca)