

Introducing Nine Minute Cook Ancient Grains!



SUNNYLAND
MILLS

America's Bulgur Company™

Organic Farro Bulgur – a 100% Whole Grain product, Farro is parboiled, dried and ground into distinct sizes. The result is a nutritious, versatile ingredient with a pleasant, nut-like aroma and a sweet, buttery flavor. It is a reddish brown color. Farro is said to be one of the oldest grains in the world. It is made from Emmer. Available in #1 Fine Grind and #3 Coarse Grind.

Organic Freekeh Bulgur – a 100% Whole Grain product and is a quick hydrating roasted green hard Durum wheat. It is roasted green wheat that is processed into bulgur. It is rich in probiotic properties, low allergenic properties and low glycemic index. Freekeh is a greenish-tan roasted color and it has a distinctive and pleasing smoky smell and earthy flavor. Available in #1 Fine Grind, #3 Coarse Grind and Whole Kernel.

Organic Kamut® Khorasan Bulgur – a 100% Whole Grain product made from Kamut® Khorasan wheat. It has 20-40% more protein than standard wheat, higher in amino acids than standard wheat and also higher in vitamins and minerals. Kamut® bulgur has a natural, sweet, buttery flavor and a golden color. Available in #1 Fine Grind, #3 Coarse Grind and Whole Kernel.

Organic Bulgur – 100% Whole Grain White Wheat product processed into a pleasant, nut-like flavored bulgur. A pleasing light tan color and a uniform particle size make this a perfect ingredient that adds flavor and texture to a variety of dishes. Available in #1 Fine Grind, #3 Coarse Grind and Whole Kernel.

Traditional Bulgur – 100% Whole White Wheat processed into premium quality bulgur. It has a toasted, nut-like flavor. Available in #1 Fine Grind, #2 Medium Grind, #3 Coarse Grind, #4 Extra Coarse Grind, #5 Extra Coarse Grind and Whole Kernel.

Brown Bulgur – 100% Whole Grain Red Wheat manufactured into a medium brown colored bulgur product. Brown Bulgur is higher in protein than White Wheat bulgur and has a more earthy flavor. Available in #1 Fine Grind, #3 Coarse Grind and Whole Kernel. Also available in Certified Organic.

APPLICATIONS

Multi-grain breads, side dishes, grain-based salads (tabouli salad), hearty soups, breakfast cereals, stews, stuffing or casseroles. Ideal in vegetarian dishes such as meatless burgers, chili and tacos.

BENEFITS

- 100% natural – no additives, chemicals or artificial ingredients; Non-GMO Verified. Made in the U.S.A.
- Most grinds cook in nine minutes or less.
- Available in a variety of specific grind sizes.
- 100% Whole Grain Stamp by the Whole Grains Council.
- Organic products are 100% Certified Organic by Quality Assurance International.

NUTRITION

- High in dietary fiber and carbohydrates, low in fat, rich in antioxidants, phytonutrients, vitamins and minerals.
- Complements the protein profile of beans. Phytonutrients from the outer bran layer migrate into the interior of the kernel during the cooking process.
- A “whole-grain” food label – *diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers.*

Founding Member, Whole Grains Council – www.wholegrainscouncil.org Certified Organic by QAI

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Sunnyland Mills – America's Oldest Producer of Premium Bulgur Wheat