

BREADS FROM ANNA™

BREADS FROM ANNA™
BREAD MIX



GLUTEN FREE
Soy, Rice,
and Nut Free

**OUTSTANDING
TASTE AND TEXTURE!**

Net Wt. 20.75 oz. (588 g)

Nutrition Facts	
Serving Size (28g) Servings Per Container about 20	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Gluten, Soy & Rice Free Breads From Anna™

Ingredients: Cornstarch, tapioca flour, powdered skim milk, chickpea flour, pinto bean flour, navy bean flour, sorghum flour, Montina™ (perennial bunch grass), maple sugar, xanthan gum, salt and yeast.

BREADS FROM ANNA™
BREAD MIX



GLUTEN FREE
Corn, Dairy, Soy,
Nut, and Rice Free

**OUTSTANDING
TASTE AND TEXTURE!**

Net Wt. 18.10 oz. (513 g)

Nutrition Facts	
Serving Size 1/4 cup (32g) Servings Per Container about 16	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Gluten, Corn, Dairy, Soy & Rice Free Breads From Anna™

Ingredients: Tapioca flour, arrowroot, chickpea flour, pinto bean flour, navy bean flour, millet flour, potato starch, Montina™ (perennial bunch grass), maple sugar, xanthan gum, salt, yeast.

BREADS FROM ANNA™
BREAD MIX



GLUTEN & YEAST FREE
Corn, Dairy, Soy,
Nut, and Rice Free

**OUTSTANDING
TASTE AND TEXTURE!**

Net Wt. 18.10 oz. (513 g)

Nutrition Facts	
Serving Size (43g) Servings Per Container 12-14	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Protein 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Gluten, Yeast, Corn, Dairy, Soy & Rice Free Breads From Anna™

Ingredients: Tapioca flour, arrowroot, chickpea flour, pinto bean flour, navy bean flour, potato starch, millet, Montina™ (perennial bunch grass), crystallized honey, xanthan gum, salt, cream of tartar and baking soda.

BREADS FROM ANNA™
BREAD MIX



**GLUTEN & YEAST FREE
BANANA BREAD**
Corn, Dairy, Soy,
Nut, and Rice Free

**OUTSTANDING
TASTE AND TEXTURE!**

Net Wt. 14 oz. (396 g)

Nutrition Facts	
Serving Size (25g) Servings Per Container 16	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Banana Bread: Gluten, Yeast, Corn, Dairy, Soy & Rice Free Breads From Anna™

Ingredients: Crystallized honey, tapioca starch, arrowroot, millet flour, potato starch, Montina™ (perennial bunch grass), chickpea flour, pinto bean flour, navy bean flour, salt, cream of tartar, baking soda, xanthan gum.

BREADS FROM ANNA™
BREAD MIX



**GLUTEN & YEAST FREE
PUMPKIN BREAD**
Corn, Dairy, Soy,
Nut, and Rice Free

**OUTSTANDING
TASTE AND TEXTURE!**

Net Wt. 18.0 oz. (510 g)

Nutrition Facts	
Serving Size (32g) Servings Per Container 16	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pumpkin Bread: Gluten, Yeast, Corn, Dairy, Soy & Rice Free Breads From Anna™

Ingredients: Crystallized honey, tapioca flour, arrowroot, chickpea flour, pinto bean flour, navy bean flour, potato starch, millet, maple sugar, Montina™ (perennial bunch grass), cinnamon, ginger, clove, nutmeg, xanthan Gum cream of tartar, baking soda and salt.

BREADS FROM ANNA™
PIECRUST MIX



GLUTEN & YEAST FREE
Corn, Dairy, Soy,
Nut, and Rice Free

**OUTSTANDING
TASTE AND TEXTURE!**

Net Wt. 9.35 oz. (265 g)

Nutrition Facts	
Serving Size (33g) Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pie Crust: Gluten, Yeast, Corn, Dairy, Soy & Rice Free Breads From Anna™

Ingredients: tapioca flour, arrowroot, millet, maple sugar, potato starch, Montina™ (perennial bunch grass), chick pea flour, navy bean flour, pinto bean flour, salt, xanthan gum, cream of tartar, baking soda.

LOOK FOR NEW PRODUCTS IN 2008!

Please contact us directly for wholesale distribution at (877) 354-3886 • www.glutenevolution.com



Nutrition Facts	
Serving Size (27g)	
Servings Per Container 18	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Gluten, Yeast, Corn, Dairy, Soy & Rice Free Cranberry Bread From Anna™

Ingredients: Granulated honey, tapioca starch, diced cranberries, millet flour, potato starch, Montina™ (perennial bunch grass), pinto bean flour, navy bean flour, chickpea flour, cream of tartar, granulated orange peel, baking soda, xanthan gum, salt, freeze dried diced cranberries, natural lemon flavor.

Product Benefits

- All mixes packed in a gluten-free facility
- Outstanding taste and texture
- All natural, no refined sugars used, sweetened with maple or honey
- High in protein and fiber
- Stays fresh for days and freezes very well
- Breads can be sliced paper-thin, without crumbling, making it ideal for sandwiches
- OU® Kosher certified

Who We Are

Breads From Anna™ gluten-free mixes were created by Anna Sobaski, a graduate of the Natural Gourmet Cookery School, Institute for Food and Health in New York City. A celiac herself, Anna's goal was to create mixes that are delicious, nutritious and convenient for even the busiest person. She is committed to ensuring every customer is satisfied.

BREADS FROM ANNA®

Breads From Anna™ products are all-natural and have a taste and texture that is smooth and non-grainy. The breads bake up like a traditional loaf of bread and because the bread does not crumble it can be sliced paper-thin. These products are not only unique for these qualities, but also because they are high in protein and fiber making them great for those looking to add more nutrition into their diet.

All mixes are easy to prepare. The breads can also be made into cinnamon raisin bread, dinner rolls, hamburger/hotdog buns and foccacia bread. These recipes and more can be found on our website at www.glutenevolution.com.

The newest products, a banana bread mix, a pumpkin bread mix, a pie crust mix, and a cranberry bread mix, have the same great nutritional profile, superior taste and texture as Anna's original breads. If you would like to see any of Anna's products in your local grocery please go to www.glutenevolution.com and print out our home page or please tell your local grocer they can call toll free at (877) 354-3886.

BREADS FROM ANNA™ is a product of Gluten Evolution,™ LLC.

Iowa City, Iowa
 Phone: (319) 354-3886
 Toll-free: (877) 354-3886
 Fax: (319) 358-9920
 Email: info@glutenevolution.com
www.glutenevolution.com

BREADS FROM ANNA®



GLUTEN-FREE MIXES

MANY VARIETIES AVAILABLE!

OUTSTANDING TASTE AND TEXTURE