

Who Says Restrictive Diets have to be Boring!



Ener-G Foods, Inc.

Manufacturer of Special Diet Foods for Over 40 Years!

GLUTEN-FREE



Producer of over 150 gluten-free, wheat-free, dairy-free, treenut-free, peanut-free, and Kosher-Certified products!

To Order: go to www.ener-g.com || call Toll-free 1-800-331-5222

WELCOME

Since 1962, when we first created low protein products for renal pre-dialysis patients we have striven to meet the challenging requirements for diet restricted consumers. We not only offer wheat-free, gluten-free, dairy-free, tree nut-free and peanut-free products, but also products that are low-protein, egg-free, soy-free, and yeast-free products. Our bakery is dedicated to wheat-free, gluten-free, dairy-free, and nut-free baking, guaranteeing that contamination from gluten will not occur. We are also certified Kosher under the KOF-K label. KOF-K Kosher certification assures the consumer that ingredients used in the products meet the highest Kosher as well as the strictest cleaning standards.

Our innovative packaging gives our products a 1-year shelf life without the need for refrigeration. We bake our products as orders are received to insure that the freshest product is available. Ener-G Foods unconditionally guarantees all of our products' freshness. If you are dissatisfied with any of our products, we will gladly replace or refund your purchase price.

Through the decades our commitment to purity, quality and innovative products has set the standard for others to follow.

WAYS TO ORDER...

PHONE:

Customer Service Representatives are ready to take your order or assist with any questions.

Open 8am to 5pm Monday to Fridays
(Pacific Time)

Toll Free: 1.800.331.5222

Local: 206-767-3928 (Seattle Area)

MAIL:

Ener-G Foods, Inc.

5960 First AVE S
Seattle, WA 98108

ONLINE:

Order Safely and Securely 24 hours / 7 days a week at

www.ener-g.com

Why Order Online?

- Access full line of Ener-G Products, including ingredients, nutritional information, photos, prices and specials.
- Search our Where to Buy section for local retailers who stock Ener-G products.
- Recipes - hundreds of recipes all FREE
- Multiple allergies? Use our Advanced Search method to narrow down the choices specific to your dietary needs
- NEW SPECIALS EVERY MONTH!!

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222 || 08.2011

GLOSSARY

TABLE OF CONTENTS

- 4 Crackers & Snacks
- 5 Specialty Breads
(Communion Wafers, etc)
- 6 Sliced Breads
- 7 Light Breads
(Healthier Option)
- 8 Yeast-Free Breads
- 9 English Muffins, Sample Kits
- 9 Pizza Shells
- 10 Hamburger Buns, Hot Dog
Buns, and Dinner Rolls
- 11 Donuts, Cakes and Pastries
- 12 Cookies
- 13 Pasta
- 14 Egg Replacer, Rice Bran
- 14 Baking Ingredients
- 15 Mixes & Flours
- 16 FAQs
- 19 Resources & Support Groups
- 20 Ordering Instructions
- 21 **ORDER FORM**
- 22 Recipe Selection Form
- 23 Disclaimer
- 23 Ener-G Allergen Statement

MAIL ORDER COUPON!

Details on pg. 20



Ener-G Foods is kosher certified under the KOF-K label.

Bamboo Fiber

Is derived from the bamboo plant's cellulose (fiber)

Calcium Lactate

Calcium salt from lactic acid, a natural acid produced by fermentation of dextrose, corn sugar. It is not dairy derived.

Calcium Carbonate

A natural substance extracted from limestone. It's dairy-free and is a great source of calcium. Ener-G uses Calcium Carbonate as a sodium-free, aluminum-free baking soda

Carboxymethylcellulose (Cellulose Gum)

A sodium salt extracted from cellulose (plant fiber). Used to thicken, emulsify, and stabilized baked goods.

Citric Acid

An acid used commercially to add flavor to food products. Ener-G uses Citric Acid derived from fermenting corn syrup (sugar).

Glucono Delta Lactone (GDL)

An acid used in baked goods. Once combined with a base (baking soda) it creates a rising action. Commonly found in Ener-G Yeast-Free products.

Hi-Maize (Resistant) Corn Starch

There's soluble and insoluble fiber, now research has discovered a third form, resistant starch. These starches escape digestion and ferments in the large intestine. It's soluble and a pre-biotic fiber, good for the heart, immune system and overall health.

Methylcellulose (Carbohydrate Gum)

A gummy product derived from cellulose (plant fiber). It is used as a binding agent in gluten-free baking.

Orange Citrus Fiber

Derived from the pulp of the orange, citrus fiber maintains moisture, reduces fat, lowers calories and carbohydrates in baked goods all without compromising taste.

Xanthan Gum & Guar Gum

Both are gluten substitutes, act as a binder in baking. Xanthan gum is derived from fermenting corn sugar. Guar Gum is a powder derived from the seeds of the Guar plant.

Yeast

Ener-G uses Baker's Yeast to make our baked goods

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

CRACKERS & SNACKS

WYLDE PRETZELS

#4724 WYLDE PRETZELS-4 oz

Free of: gluten, wheat, casein, dairy, egg, soy, nut

May contain Sesame and Poppyseed.

Potato Flour, Corn Starch, Rice Flour, Organic Palm Fruit Oil, Hi Maize Corn Starch, Corn Glucose, Ener-G Baking Powder (Sodium Pyrophosphate, Sodium Bicarbonate, Potato Starch, Monocalcium Phosphate), Cellulose Gum, Bamboo Fiber, Salt, Yeast.

Pkg (4oz/113g)...\$2.09 X _____ \$= _____

Case of 24 pkgs...\$45.14 X _____ \$= _____

#4725 WYLDE PRETZELS-8 oz

Pkg (8oz/227g)...\$4.00 X _____ \$= _____

Case of 12 pkgs...\$43.20 X _____ \$= _____

NEW #4728 WYLDE PRETZELS-1 oz

Pkg (1oz/28g)...\$0.65 X _____ \$= _____

Case of 50 pkgs...\$29.25 X _____ \$= _____

#4726 WYLDE SESAME PRETZELS-4 oz

Free of: gluten, wheat, casein, dairy, egg, soy, nut. May contain Poppyseed.

Potato Flour, Corn Starch, Rice Flour, Organic Palm Fruit Oil, Hi Maize Corn Starch, Corn Glucose, Ener-G Baking Powder (Sodium Pyrophosphate, Sodium Bicarbonate, Potato Starch, Monocalcium Phosphate), Cellulose Gum, Bamboo Fiber, Sesame Seeds, Salt, Yeast.

Pkg (4oz/113g)...\$2.09 X _____ \$= _____

Case of 24 pkgs...\$45.14 X _____ \$= _____

#4727 WYLDE SESAME PRETZELS-8 oz

Pkg (8oz/227g)...\$4.20 X _____ \$= _____

Case of 12 pkgs...\$45.36 X _____ \$= _____

NEW #4729 WYLDE SESAME PRETZELS-1 oz

Pkg (1oz/28g)...\$0.75 X _____ \$= _____

Case of 50 pkgs...\$33.75 X _____ \$= _____

ENER-G PRETZELS

#4720 CRISP PRETZELS

(IMPORTED FROM ISRAEL)

Free of: gluten, wheat, casein, dairy, eggs, nut

Corn Starch, Potato Starch, Palm Oil, Soy Flour, Salt, Sugar, Baking Powder (Ammonium Bicarbonate, Sodium Bicarbonate, Sodium Acid Pyrophosphate) Sodium Carboxymethylcellulose, Yeast, Lecithin from Soy (Emulsifier). May contain sesame seeds.

Pkg (2.65oz/75g)...\$2.09 X _____ \$= _____

Case of 20 pkgs...\$37.62 X _____ \$= _____

#4722 SESAME PRETZEL RINGS

(IMPORTED FROM ISRAEL)

Free of: gluten, wheat, casein, dairy, eggs, nut

Corn starch, Potato starch, Sesame Seeds, palm oil, soy flour, salt, sugar, baking powder (ammonium bicarbonate, sodium bicarbonate), sodium Carboxymethylcellulose, soy lecithin (emulsifier), yeast.

Pkg (2.65oz/75g)...\$2.30 X _____ \$= _____

Case of 20 pkgs...\$41.40 X _____ \$= _____

BACHMAN PRETZELS

#9166 BACHMAN GLUTEN-FREE

PUZZLE PRETZELS

Free of: gluten, wheat, casein, dairy, egg, soy

Potato Flour, Corn Starch, Rice Flour, Organic Palm Fruit Oil, Hi Maize Corn Starch, Corn Glucose, Ener-G Baking Powder (Sodium Pyrophosphate, Sodium Bicarbonate, Potato Starch, Monocalcium Phosphate), Cellulose Gum, Bamboo Fiber, Salt, Yeast.

Pkg (10oz/g)...\$3.79 X _____ \$= _____

Case of 15 pkgs...\$56.85 X _____ \$= _____

SNACK BAR

#4756 CHOCOLATE CHIP SNACK BARS

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut, low protein

Organic Evaporated Cane Juice, Crisp Rice Cereal (rice flour, rice bran, honey, calcium carbonate), Corn Starch, Ener-G Chocolate Chips (evaporated cane juice, unsweetened chocolate, tapioca syrup), Organic Tapioca Syrup, Plum Puree (prune juice concentrate, dried plums), Organic Palm Fruit Oil, Filtered Water, Ener-G Egg Replacer (tapioca flour, potato starch, leavening [calcium lactate, calcium carbonate, glucono delta lactone], cellulose gum), Vanilla Powder (vanilla bean extractive & dextrose from corn), Orange Peel, Salt.

Pkg of 10 (14.81oz/390g)...\$6.69 X _____ \$= _____

Case of 6 pkgs...\$36.13 X _____ \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222 || 1.08.2011

SPECIALTY BREADS

WHEAT-FREE CRACKERS

#472 I ENER-G GOURMET CRACKERS

(IMPORTED FROM ISRAEL)

Free of: gluten, wheat, casein, dairy, egg, nut, low protein

Corn Starch, Palm Oil, Soy Flour, Sugar, Salt, Baking Powder (ammonium bicarbonate, sodium carbonate, sodium acid pyrophosphate), Yeast, Soy Lecithin (emulsifier).

Pkg (7.05oz/200g)...\$4.65 X _____ \$= _____

Case of 24 pkgs...\$100.44 X _____ \$= _____

CRACKERS

#4082 CINNAMON CRACKERS

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut, low protein

Potato Starch, Filtered Water, Cinnamon Mix (Organic Evaporated Cane Juice & Cinnamon powder), High Oleic Safflower Oil, Organic Tapioca Syrup, Yellow Corn Flour, Methylcellulose, Cinnamon Powder, Xanthan Gum.

Pkg (5.03oz/150g)...\$6.45 X _____ \$= _____

Case of 6 pkgs...\$34.83 X _____ \$= _____

#4083 SEATTLE CRACKERS

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Filtered Water, High Oleic Safflower Oil, Tapioca Flour, Brown Rice Flour, Organic Tapioca Syrup, Montana Flour (Perennial Bunch Grass [Achnatherum Hymenoides]), Potato Starch, Methylcellulose, Xanthan Gum, Salt.

Pkg (4.5oz/128g)...\$4.79 X _____ \$= _____

Case of 6 pkgs...\$25.87 X _____ \$= _____

NEW #4086 FLAX CRACKERS

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Filtered Water, Rice Flour, Brown Flax Seeds, Brown Flax Meal, Organic Palm Fruit Oil, Pear Juice Concentrate, Xanthan Gum, Salt, Methylcellulose.

Pkg (9oz/255g)...\$4.99 X _____ \$= _____

Case of 6 pkgs...\$19.96 X _____ \$= _____

#4250 BREAD CRUMBS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Methylcellulose, Bamboo Fiber, Sodium Carboxymethylcellulose, Calcium Phosphate, Baking Powder (glucono delta lactone, calcium carbonate, magnesium carbonate, sodium bicarbonate), Salt, Guar Gum, Corn Starch, Organic Palm Fruit Oil, Tapioca Syrup, Orange Citrus Fiber, Inverted sugar(from beet or cane), Xanthan Gum. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Pkg (10.00oz/284g)...\$2.89 X _____ \$= _____

Case of 12 pkgs...\$31.21 X _____ \$= _____

#4253 BREAD CRUMBS

Pkg (5lbs/2.26kg)...\$7.50 X _____ \$= _____

#7058 COMMUNION WAFERS

Free of: gluten, wheat, casein, dairy, nut, egg, yeast, soy

Filtered Water, Sweet Rice Flour, Potato Flour, Organic Palm Fruit Oil, Potato Starch, Methylcellulose, Sunflower Lecithin.

Pkg of 40 (1.41oz/40g)...\$8.35 X _____ \$= _____

Case of 6 pkgs...\$45.09 X _____ \$= _____

#4240 PLAIN CROUTONS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Guar Gum, Orange Citrus Fiber, Salt, Calcium Phosphate, Glucono Delta Lactone. Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Package (8.01oz/227g)...\$3.35 X _____ \$= _____

Case of 6 pkgs...\$18.09 X _____ \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

5

SLICED BREADS

#4015 TAPIOCA LOAF-thin sliced

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Guar Gum, Orange Citrus Fiber, Salt, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Loaf 16 slices (16oz/454g)...\$5.29 X \$= _____

Case of 6 loaves...\$28.57 X \$= _____

#4910 TAPIOCA LOAF-Regular Sliced

Loaf 12 slices (16oz/454g)...\$5.29 X \$= _____

Case of 6 loaves...\$28.57 X \$= _____

#4020 BROWN RICE LOAF

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, Pear Juice Concentrate, High Oleic Safflower Oil, Yeast, Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Loaf 12 slices (16oz/454g)...\$5.29 X \$= _____

Case of 6 loaves...\$28.57 X \$= _____

#4075 PAPAS LOAF

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, High Oleic Safflower Oil, Pear Juice Concentrate, Tapioca Starch, Yeast, Potato Starch, Bamboo Fiber, Methylcellulose, Guar Gum, Salt, Orange Citrus Fiber, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Monocalcium Phosphate, Xanthan Gum. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Loaf 12 slices (12oz/340g)...\$4.60 X \$= _____

Case of 6 loaves...\$24.84 X \$= _____

#4010 WHITE RICE LOAF

Free of: gluten, wheat, casein, dairy, soy, egg, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Methylcellulose, Sodium Carboxymethylcellulose, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Loaf 12 slices (16.01oz/454g)...\$5.29 X \$= _____

Case of 6 loaves...\$28.57 X \$= _____

#4011 WHITE RICE FLAX LOAF

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, Flax Meal, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Methylcellulose, Orange Citrus Fiber, Salt, Sodium Carboxymethylcellulose, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Loaf 12 slices (16oz/454g)...\$5.29 X \$= _____

Case of 6 loaves...\$28.57 X \$= _____

#4055 EGG FREE RAISIN LOAF

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, White Rice Flour, Raisins, Tapioca Starch, Brown Rice Flour, High Oleic Safflower Oil, Plum Puree (prune juice concentrate, dried plums), Raisin Juice Concentrate (soluble raisin solids, water), Yeast, Methylcellulose, Salt, Sodium Carboxymethylcellulose, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate, Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Loaf 12 slices (16oz/454g)...\$6.29 X \$= _____

Case of 6 loaves...\$33.97 X \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

11.08.2011

#4078 SEATTLE BROWN LOAF

Free of: gluten, wheat, casein, dairy, egg, nut, soy

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Potato Starch, Plum Puree (prune juice concentrate, dried plums), Methylcellulose, Montina Flour (Perennial Bunch Grass [Achnatherum Hymenoides]), Guar Gum, Yeast, Sodium Carboxymethylcellulose, Ener-G Baking Powder (Glucono Delta Lactone & Calcium Carbonate), Salt, Calcium Phosphate. Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Loaf 12 slices (16oz/454g)...\$6.49 X \$= _____

Case of 6 loaves...\$35.05 X \$= _____

#4070 HIGH FIBER LOAF

Free of: gluten, wheat, casein, dairy, egg, nut, soy

Filtered Water, High Oleic Safflower Oil, Rice Flour, Tapioca Flour, Sugar Cane Fiber, Raisin Juice Concentrate (soluble raisin solids, water), Brown Rice Flour, Plum Puree (prune juice concentrate, dried plums), Beet Fiber, Yeast, Methylcellulose, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Guar Gum, Monocalcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D..

Loaf 12 slices (16oz/454g)...\$6.55 X \$= _____

Case of 6 loaves...\$35.37 X \$= _____

#4040 RICE STARCH LOAF

Free of: gluten, wheat, casein, dairy, soy, nut, egg

Filtered Water, Rice Starch, Tapioca Starch, Organic, Evaporated Cane Juice, Polydextrose, Bamboo Fiber, Hi Oleic Safflower oil, Yeast, Orange Citrus Fiber, Methylcellulose, Calcium Phosphate, Xanthan Gum. Enriched with Thiamine, Riboflavin, Niacin, Iron, Folic Acid, and Vitamin D.

Loaf 12 slices (17.28oz/490g)...\$5.59 X \$= _____

Case of 6 loaves...\$30.19 X \$= _____

YEAST-FREE BREADS

NEW #4060 YEAST FREE FLAX MEAL LOAF

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Filtered Water, Brown Rice Flour, White Rice Flour, High Oleic Safflower Oil, Flax Meal, Leavening (glucono-delta-lactone, sodium bicarbonate, monocalcium phosphate), Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber ,Salt.

Loaf 12 slices (19oz/540g)...\$5.89 X \$= _____

Case of 6 loaves...\$31.81 X \$= _____

#4052 YEAST FREE BROWN RICE LOAF

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Filtered Water, White Rice Flour, High Oleic Safflower Oil, Leavening (glucono-delta-lactone, sodium bicarbonate, calcium carbonate, magnesium carbonate and monocalcium phosphate), Methylcellulose, Sodium Carboxymethylcellulose, Salt, Orange Citrus Fiber.

Loaf 12 slices (18.46oz/523g)...\$5.89 X \$= _____

Case of 6 loaves...\$31.81 X \$= _____

#4050 YEAST FREE WHITE RICE LOAF

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Rice Flour, Filtered Water, Cold Pressed Hi Oleic Safflower Oil, Leavening (glucono-delta-lactone, sodium bicarbonate and calcium phosphate), Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber.

Loaf 12 slices (22.4oz/636g)...\$5.89 X \$= _____

Case of 6 loaves...\$31.81 X \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

7

SLICED BREADS (CON.)

LIGHT BREADS

#4021 LIGHT TAPIOCA LOAF

Free of: gluten, wheat, casein, dairy, eggs, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Organic Palm Fruit Oil, Yeast, Methylcellulose, Guar Gum, Organic Tapioca Syrup, Salt, Orange Citrus Fiber, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Loaf 12 slices (8oz/228g)...\$3.69 X _____ \$= _____

Case of 6 loaves...\$19.93 X _____ \$= _____

#4028 LIGHT BROWN RICE LOAF

Free of: gluten, wheat, casein, dairy, eggs, soy, nut

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Methylcellulose, Organic Tapioca Syrup, Yeast, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Loaf 12 slices (8oz/228g)...\$4.35 X _____ \$= _____

Case of 6 loaves...\$23.49 X _____ \$= _____

#4024 LIGHT WHITE RICE LOAF

Free of: gluten, wheat, casein, dairy, eggs, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Organic Tapioca Syrup, Methylcellulose, Orange Citrus Fiber, Salt, Sodium Carboxymethylcellulose, Calcium Phosphate, Baking Powder (Glucono Delta Lactone & Calcium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Loaf 12 slices (8oz/228g)...\$3.99 X _____ \$= _____

Case of 6 loaves...\$21.55 X _____ \$= _____

#4036 LIGHT WHITE RICE FLAX LOAF

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, Flax Meal, Hi Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Methylcellulose, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Glucono Delta Lactone, Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Vitamin D, Niacin, Iron and Folic Acid.

Loaf 12 slices (8oz/228g)...\$3.99 X _____ \$= _____

Case of 6 loaves...\$21.55 X _____ \$= _____

#4026 CORN LOAF

Free of: gluten, wheat, casein, dairy, eggs, soy, nut

Filtered Water, Corn Starch, Tapioca Flour, High Oleic Safflower oil, Pear Juice Concentrate, Sweet Rice Flour, Bamboo Fiber, Yeast, Methylcellulose, Guar Gum, Salt, Orange Citrus Fiber, Calcium Phosphate. Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Loaf 12 slices (8.04oz/228g)...\$4.59 X _____ \$= _____

Case of 6 loaves...\$24.79 X _____ \$= _____

FOCACCIA CRUST

NEW #3750 FOCACCIA CRUST

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Methylcellulose, Salt, Guar Gum, Orange Citrus Fiber, Yeast, Calcium Phosphate, Baking Powder (Glucono Delta Lactone & Calcium Carbonate). Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Pkg of 2 (5.36oz/152g)...\$3.99 X _____ \$= _____

Case of 6 pkgs...\$21.55 X _____ \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

11.08.2011

OTHER BREADS

RICE PIZZA SHELLS

#4220 RICE PIZZA SHELLS 10"

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Salt, Guar Gum, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone & Calcium Carbonate). Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Pkg of 2(14.7oz/416g)...\$11.95 X _____ \$= _____

Case of 5 pkgs...\$53.78

#4222 RICE PIZZA SHELLS 6"

Pkg of 3(8.89oz/252g)...\$10.39 X _____ \$= _____

Case of 5 pkgs...\$46.76

YEAST-FREE PIZZA

#4033 YEAST FREE RICE PIZZA SHELLS 10"

Free of: gluten, wheat, casein, dairy, yeast, nut, egg, soy

Filtered Water, Brown Rice Flour, White Rice Flour, High Oleic Safflower Oil, Leavening (glucono-delta-lactone, sodium bicarbonate, calcium carbonate, magnesium carbonate & monocalcium phosphate), Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber, Salt.

Pkg of 2(20.5oz/592g)...\$12.45 X _____ \$= _____

Case of 5 pkgs...\$56.03

#4034 YEAST FREE RICE PIZZA SHELLS 6"

Pkg of 3(12.7oz/360g)...\$10.35 X _____ \$= _____

Case of 5 pkgs...\$46.58

ENGLISH MUFFINS

#4150 ENGLISH MUFFINS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Flour, Apple Sauce, High Oleic Safflower Oil, Ener-G Sour Dough Starter (Rice Flour, Tapioca Syrup, Yeast, Salt), Pear Juice Concentrate, Xanthan Gum, Ener-G Egg Replacer [tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), cellulose gum], Yeast, Sunflower Lecithin, Orange Citrus Fiber, Salt, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Monocalcium Phosphate.

Pkg of 4(14.8oz/420g)...\$6.19 X _____ \$= _____

Case of 6 pkgs...\$33.43

X _____ \$= _____

OTHER BREADS

HAMBURGER BUNS

#4115 TAPIOCA HAMBURGER BUNS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Pkg of 4(7.76oz/220g)...\$5.29 X \$= _____

Case of 6 pkgs...\$28.57 X \$= _____

#4120 BROWN RICE HAMBURGER BUNS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower oil, Pear Juice Concentrate, Tapioca Syrup, Methylcellulose, Yeast, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Baking Powder (Glucono Delta Lactone & Calcium Carbonate), Monocalcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

Pkg of 4(7.7oz/220g)...\$5.85 X \$= _____

Case of 6 pkgs...\$31.59 X \$= _____

#4110 WHITE RICE HAMBURGER BUNS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Methylcellulose, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Ener-G Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Monocalcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Pkg of 4(10.3oz/292g)...\$6.15 X \$= _____

Case of 6 pkgs...\$33.21 X \$= _____

#4121 SEATTLE HAMBURGER BUNS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Potato Starch, Plum Puree (prune juice concentrate, dried plums), Methylcellulose, Montina Flour (Perennial Bunch Grass [Achnatherum Hymenoides]), Guar Gum, Yeast, Sodium Carboxymethylcellulose, Ener-G Baking Powder (Glucono Delta Lactone & Calcium Carbonate), Salt, Calcium Phosphate. Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

Pkg of 4(11.29oz/320g)...\$5.89 X \$= _____

Case of 6 pkgs...\$31.81 X \$= _____

HOT DOG BUNS

#4135 TAPIOCA HOT DOG BUN

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Same as item #4115 — Tapioca Hamburger Buns

Pkg of 4(7.76oz/220g)...\$5.89 X \$= _____

Case of 6 pkgs...\$31.81 X \$= _____

#4122 SEATTLE HOT DOG BUNS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Same as item #4121 — Seattle Hamburger Buns

Pkg of 4(11.29oz/320g)...\$5.89 X \$= _____

Case of 6 pkgs...\$31.81 X \$= _____

DINNER ROLLS

#4140 TAPIOCA DINNER ROLLS

Free of: gluten, wheat, casein, dairy, egg, soy, nut

Same as item #4115 — Tapioca Hamburger Buns

Pkg of 6(9.88oz/280g)...\$5.89 X \$= _____

Case of 6 pkgs...\$31.81 X \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

11.08.2011

CAKES & PASTRIES

DOUGHNUTS

#4410 DOUGHNUTS-PLAIN

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

Organic Evaporated Cane Juice, Whole Eggs, Filtered Water, Orange Juice, Corn Starch, Egg White, Organic Palm Fruit Oil, Sodium Bicarbonate, Ener-G Baking Powder (calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid), Salt, Xanthan Gum, Vanilla Powder (vanilla bean extractive, dextrose [corn sugar]).

Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D. Fried in Organic Palm Fruit Oil.

Pkg of 6 (7.05oz/200g)...\$5.39 X ___ \$= _____

Case of 6 pkgs...\$29.11 X ___ \$= _____

#4450 DOUGHNUT HOLES-PLAIN

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

Same as Item #4410 Doughnuts-Plain

Pkg of 20(8.29oz/235g)...\$5.89 X ___ \$= _____

Case of 6 pkgs...\$31.59 X ___ \$= _____

#4318 POUNDCAKE

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

White Rice Flour, Evaporated Cane Juice, Frozen Whole Eggs, Cold Pressed Hi Oleic Safflower Oil, Tapioca Syrup, Filtered Water, Potato Flour, Organic Apple Sauce, Vanilla Powder (vanilla bean extractives and dextrose from corn sugar), Salt, Monocalcium Phosphate, Xanthan Gum, Glucono Delta Lactone, Sodium Bicarbonate. Enriched with Thiamin, Riboflavin, Niacin, Iron, Folic Acid and Vitamin D.

Pkg (9.5oz/270g)...\$6.85 X ___ \$= _____

Case of 6 pkgs...\$36.99 X ___ \$= _____

#4322 BROWNIES

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Filtered Water, White Rice Flour, Hi Oleic Safflower Oil, Cocoa, Tapioca Syrup, Evaporated Cane Juice, Flax Meal, Methylcellulose, Ener-G Baking Powder (calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid), Pectin, Salt, Guar Gum, Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

Package (20.1oz/570g)...\$8.25 X ___ \$= _____

Case of 5 pkgs...\$37.13 X ___ \$= _____

COOKIES

#4522 CHOCOLATE CHIP POTATO COOKIES

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

White Rice Flour, Organic Palm Fruit Oil, Organic Evaporated Cane Juice, Whole Eggs, Ener-G Chocolate Chips [Organic Evaporated Cane Juice, Unsweetened Chocolate (chocolate liquor), Organic Tapioca Syrup], Brown Sugar, Potato Starch, Sodium Carboxymethylcellulose, Ener-G Baking Soda (calcium carbonate, magnesium carbonate), Vanilla Powder [vanilla bean extractive, dextrose (corn sugar)], Salt.

Package of 16 (9.6oz/272g)...\$7.19 X \$= _____
Case of 6 pkgs...\$38.83 X \$= _____

#4564 VANILLA COOKIES

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

White Rice Flour, High Oleic Safflower Oil, Whole Eggs, Organic Evaporated Cane Juice, Potato Starch, Brown Sugar, Sodium Carboxymethylcellulose, Calcium Carbonate, Salt, Vanilla Powder (vanilla bean extractive, dextrose [corn sugar]), Water.

Pkg of 16(10.16oz/288g)...\$7.19 X \$= _____
Case of 6 pkgs...\$38.83 X \$= _____

#4451 CINNAMON COOKIES

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Potato Starch, Organic Evaporated Cane Juice Sugar, Organic Palm Fruit Oil, Filtered Water, Rice Starch Flour, Cinnamon Powder, Sunflower Lecithin, Calcium Carbonate, Sodium Carboxymethylcellulose.

Package of 16 (8.75oz/248g)...\$4.45 X \$= _____
Case of 6 pkgs...\$24.03 X \$= _____

#4519 GINGER COOKIES

Free of: gluten, wheat, casein, dairy, yeast, egg, soy, nut

Organic Evaporated Cane Juice, Rice Flour, Potato Starch, Filtered Water, Organic Palm Fruit Oil, Unsulphured Molasses, Ener-G Egg Replacer [tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), cellulose gum], Ginger Powder, Sodium Bicarbonate, Monocalcium Phosphate, Vanilla Powder [(vanilla bean extractives, dextrose (corn sugar)], Sodium Carboxymethylcellulose.

Pkg of 16(7.76oz/220g)...\$5.85 X \$= _____
Case of 6 pkgs...\$31.59 X \$= _____

#4572 SUNFLOWER COOKIES

Free of: gluten, wheat, casein, dairy, yeast, egg, nut

Natural Sunbutter (Sunflower Seed, Dehydrated Cane juice, Salt, Natural Mixed Tocopherols) *, Organic Evaporated Cane Juice, Ener-G Egg Replacer [tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), cellulose gum], Potato Starch, Orange Peel, Salt. *Natural Sunbutter is made on equipment that processes soybeans.

Pkg of 16(9.88oz/288g)...\$5.65 X \$= _____
Case of 6 pkgs...\$30.51 X \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222 || 08.2011

PASTA

#4512 CHOCOLATE CHIP BISCOTTI

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

White Rice Flour, Organic Evaporated Cane Juice, Filtered Water, Cold Pressed Hi Oleic Safflower Oil, Ener-G Chocolate Chips (organic evaporated cane juice, unsweetened chocolate [chocolate liquor, organic tapioca syrup], vanilla powder [vanilla bean extractive, dextrose (corn sugar)]), Egg white, Vanilla Powder (vanilla bean extractives, dextrose [corn sugar]), Monocalcium Phosphate, Salt, Sodium Bicarbonate.

Pkg of 16 (8.5oz/240g)...\$5.85 X \$= _____
Case of 6 pkgs...\$31.59 X \$= _____

NEW #4574 CHOCOLATE BISCOTTI

Free of: gluten, wheat, casein, dairy, yeast, nut

White Rice Flour, Filtered Water, Organic Evaporated Cane Juice, High Oleic Safflower Oil, Cocoa Powder, Dairy-Free White Chocolate Chips [sugar, palm oil, cocoa butter, stabilizer (from soy), lecithin (from soy), vanillin, salt, flavors], Dried Cranberries (cranberries, cane sugar, sunflower oil), Egg White, Vanilla Powder [vanilla bean extractives, dextrose (corn sugar)], Monocalcium Phosphate, Salt, Sodium Bicarbonate.

Pkg of 16 (9.6oz/288g)...\$6.49 X \$= _____
Case of 6 pkgs...\$35.05 X \$= _____

#4514 CRANBERRY BISCOTTI

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

White Rice Flour, Organic Evaporated Cane Juice, Filtered Water, High Oleic Safflower Oil, Dried Cranberries (cranberries, cane sugar, sunflower oil), Egg White, Vanilla Powder (vanilla bean extractives, dextrose [corn sugar]), Monocalcium Phosphate, Salt, Sodium Bicarbonate.

Pkg of 16 (8.5oz/240g)...\$5.95 X \$= _____
Case of 6 pkgs...\$32.13 X \$= _____

#4509 RAISIN BISCOTTI

Free of: gluten, wheat, casein, dairy, yeast, soy, nut

White Rice Flour, Organic Evaporated Cane Juice, Filtered Water, Cold Pressed Hi Oleic Safflower Oil, Raisins, Egg White, Vanilla Powder (Vanilla Bean Extractives, Dextrose [corn sugar]), Monocalcium Phosphate, Salt, Sodium Bicarbonate.

Pkg of 16 (9.6oz/272g)...\$5.55 X \$= _____
Case of 6 pkgs...\$29.97 X \$= _____

WHITE RICE PASTAS

#8070 WHITE RICE SPAGHETTI

Free of: gluten, wheat, casein, dairy, egg, soy, yeast, nut

White rice flour, water.

Pkg (15.75oz/446g)...\$3.15 X \$= _____
Case of 24 pkgs...\$68.04 X \$= _____

#8010 WHITE RICE VERMICELLI-

Similar to angel hair pasta

Free of: gluten, wheat, casein, dairy, egg, soy, yeast, nut

White rice flour, water.

Pkg (10.58oz/300g)...\$3.15 X \$= _____
Case of 12 pkgs...\$34.02 X \$= _____

#8030 WHITE RICE LASAGNA

Free of: gluten, wheat, casein, dairy, egg, soy, yeast, nut

White rice flour, water.

Pkg (16oz/454g)...\$4.49 X \$= _____
Case of 12 pkgs...\$48.49 X \$= _____

#8080 WHITE RICE MACARONI

Free of: gluten, wheat, casein, dairy, egg, soy, yeast, nut

White rice flour, water.

Pkg (16oz/454g)...\$3.15 X \$= _____
Case of 12 pkgs...\$34.02 X \$= _____

#8050 WHITE RICE SMALL SHELLS

Free of: gluten, wheat, casein, dairy, egg, soy, yeast, nut,

White rice flour, water.

Pkg (16oz/454g)...\$3.15 X \$= _____
Case of 12 pkgs...\$34.02 X \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

13

BAKING INGREDIENTS

EGG SUBSTITUTE

#1414 EGG REPLACER

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Potato Starch, tapioca starch flour, leavening (calcium lactate [not derived from dairy], calcium carbonate, citric acid), Sodium Carboxymethylcellulose, methylcellulose.

Pkg (16.01oz/454g)...\$6.69 X ___ \$= _____

Case of 12 pkg...\$72.25 X ___ \$= _____

#9280 EGG REPLACER - BULK

50lb bag...\$155.25 X ___ \$= _____

(*Actual Shipping Applies)

Mimics what eggs do in recipes, but it's completely egg-free. The Egg Replacer simplifies baking for people who cannot use eggs. It replaces egg whites as well as egg yolks. One 16 oz Package equals approximately 100 eggs.

Recipes are available on the package or online at www.ener-g.com/recipe/

CEREAL

#1014 RICE BRAN

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Pure brown rice bran.

Pkg (8.01oz/227g)...\$2.85 X ___ \$= _____

Case of 12 pkgs...\$30.78 X ___ \$= _____

#9475 RICE BRAN

Pkg (5lbs/2.26kg)...\$11.15 X ___ \$= _____

#4605 XANTHAN GUM

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Xanthan Gum

Pkg (5.93oz/168g)...\$12.25 X ___ \$= _____

Case of 12 pkgs...\$132.30 X ___ \$= _____

#4610 BAKING POWDER

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Calcium Carbonate, Magnesium Carbonate, Glucono Delta Lactone, Citric Acid

Jar (7.05oz/340g)...\$6.35 X ___ \$= _____

Case of 12 jars...\$68.58 X ___ \$= _____

#4630 BAKING SODA SUBSTITUTE (Calcium Carbonate)

Free of: **gluten, wheat, casein, dairy, egg, soy, yeast, nut**

Calcium Carbonate, Magnesium Carbonate

Jar (5.3oz/150g)...\$7.59 X ___ \$= _____

Case of 12 jars...\$81.97 X ___ \$= _____

FLOURS

MORE MIXES

#1094 RICE MIX

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

White rice flour, baking powder (sodium bicarbonate and Monocalcium phosphate).

Pkg (20oz/567g)...\$3.15 X ___ \$= _____
Case of 12 pkgs...\$34.02 X ___ \$= _____

#1074 CORN MIX

Free of: **gluten, wheat, casein, dairy, egg, soy, yeast, nut**

Yellow corn flour, baking powder (sodium bicarbonate, Monocalcium phosphate)

Pkg (16oz/454g)...\$3.15 X ___ \$= _____
Case of 12 pkgs...\$34.02 X ___ \$= _____

#1084 POTATO MIX

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Potato starch, baking powder (sodium bicarbonate, Monocalcium phosphate)

Pkg (20oz/567g)...\$3.90 X ___ \$= _____
Case of 12 pkgs...\$42.12 X ___ \$= _____

FLOURS

#1134 TAPIOCA FLOUR

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Pure tapioca flour

Pkg (16oz/454g)...\$2.95 X ___ \$= _____
Case of 12 pkgs...\$31.86 X ___ \$= _____

#9530 TAPIOCA FLOUR

Pkg (5lbs/2.26kg)...\$10.35 X ___ \$= _____

#1024 BROWN RICE FLOUR

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Pure brown rice flour

Pkg (18oz/510g)...\$3.79 X ___ \$= _____
Case of 12 pkgs...\$40.93 X ___ \$= _____

#9480 BROWN RICE FLOUR

Pkg (5lbs/2.26kg)...\$10.50 X ___ \$= _____

#1034 WHITE RICE FLOUR

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Pure white rice flour

Pkg (20oz/567g)...\$2.85 X ___ \$= _____
Case of 12 pkgs...\$30.78 X ___ \$= _____

#9495 WHITE RICE FLOUR

Pkg (5lbs/2.26kg)...\$8.90 X ___ \$= _____

#1144 POTATO STARCH FLOUR

Free of: **gluten, wheat, casein, dairy, egg, nut, yeast, soy**

Pure potato starch flour

Pkg (16oz/454g)...\$3.70 X ___ \$= _____
Case of 12 pkgs...\$39.96 X ___ \$= _____

#9465 POTATO STARCH FLOUR

Pkg (5lbs/2.26kg)...\$11.55 X ___ \$= _____

#1164 SWEET RICE FLOUR

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Pure sweet rice flour

Pkg (20oz/567g)...\$4.15 X ___ \$= _____
Case of 12 pkgs...\$44.82 X ___ \$= _____

#1154 POTATO FLOUR

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

Pure Potato Flour

Pkg (16oz/454g)...\$4.65 X ___ \$= _____
Case of 12 pkgs...\$50.22 X ___ \$= _____

#1194 GLUTEN FREE GOURMET BLEND

(Bette Hagman)

Free of: **gluten, wheat, casein, dairy, egg, yeast, soy, nut**

White rice flour, potato starch, tapioca starch.

Pkg (16.01oz/454g)...\$3.70 X ___ \$= _____
Case of 12 pkgs...\$39.96 X ___ \$= _____

#9590 GLUTEN FREE GOURMET BLEND

Pkg (5lbs/2.26kg)...\$12.05 X ___ \$= _____

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

15

FAQS

Packaging, Storage & Ordering

Q: What is the shelf life of your products?

Breads, Cookies, Snacks – 1 year, Flour, Mixes, Pastas – 3 years, Egg Replacer – 3 years, Rice Bran (refrigerated) – 3 years. All our baked products including breads are given a one-year shelf life because they are vacuum packed to retain freshness and last longer for the consumer. It is not necessary to refrigerate or freeze our baked products prior to opening.

Q: How do you store your products after they have been opened?

After the breads have been opened, we recommend storing them in an airtight container and putting them in the fridge.

Q: How long does Ener-G bread products last after opening?

The breads usually last about a week with refrigeration. We do NOT use any preservatives in our products, so they may not last as long as “normal” baked goods. We advise that you DO NOT freeze breads in the original Ener-G packaging.

Q: Why does it say ‘Do Not Freeze,’ can it be frozen?

We place the instruction “Do Not Freeze” on our packaging because it is not necessary to freeze the products prior to opening. In fact, freezing our breads in their vacuum packed bags may cause them to dry out. We recommend if you wish to freeze the breads or our other vacuum packed products that you removed them from the original packaging and place in a freezer bag or airtight container. A good method to follow is freeze two slices at a time wrapped in foil. We cannot guarantee the quality after they have been opened.

Q: What is the oxygen absorber and what should I do with it after I’ve opened a package?

The oxygen absorber packet contained in our packages of bakery products is essential to obtain a long shelf life. Even though the packet is not to be eaten it is composed entirely of non-toxic ingredients (including food grade paper and ink). Ener-G Foods has a complete material safety analysis for this product if you have further questions. The oxygen absorber can be thrown away once the package is opened.

Q: Are your foods organic.?

No, at this time Ener-G Foods does not certify our foods as organic.

Q: Do you ship outside the U.S.?

Canadian customers may order directly from us, however to save money on shipping and time with customs you may mail order from our distributor Heart Smart Foods located in Sherwood Park, Alberta 800-561-6720. For all customers in the United Kingdom and Ireland, please contact our distributor General Dietary, P.O. Box 38, Kingston upon Thames, Surrey KT2 7YP, England, phone 0208 336 2323-due to an exclusivity agreement we are not allowed to sell to any customers in these regions. Ener-G can ship anywhere else in the world, shipping costs will vary depending on the destination and weight of the order.

Q: Why is there moisture in the package.?

Condensation may form in the package if the product is stored in a warm environment, simply put in the refrigerator and the moisture should re-absorb back into the product.

Consumer Information

Q: What is your sample policy?

Samples are available upon request for support groups and events by faxing to 206-764-3398 or emailing customerservice@ener-g.com. You must fill out a Sample Request Form in order to be approved for samples, download the form on our website at www.ener-g.com/request/ or call 1-800-331-5222.

Q: Are COD's Accepted ?

No COD's

Q: Are backorders available ?

Backorders are not available at this time. Should an item be out of stock you will need to reorder the product.

Q: Do you guarantee your products ?

We have a freshness guarantee on all products, unopened, within the best before date printed package. If you obtained the item from a health food store or online store, you should contact the store for credit or replacement.

Product Inquiries

Q: Why did Ener-G change the word "Bread" to "Loaf"?

Ener-G Foods, Inc. has been told by both the US FDA and the Canadian CFIA not to use the word bread on the label unless they contain wheat flour. This is why we use the word "Loaf" for the USA and Canada. In Europe, government authorities have told us to use the word "Bread" and not to use the word "Loaf".

Q: What is gluten and why is difficult to bake without it?

Gluten is a protein found in cereal grains; wheat, rye, oats, barley, triticale, spelt, kamut, and durum. Gluten is the only ingredient that on kneading, mixing or working dough makes it elastic. It is this elasticity that traps the gas given off when yeast ferments or baking powders react that causes breads, cakes and all dough to rise.

Q: How do you use your baking powder and calcium carbonate (baking soda substitute)?

In recipes calling for baking powder use twice the called for amount with ours and for those asking for baking soda replace it with our calcium carbonate at twice the called for amount.

Q: What is rice bran?

Rice bran is the outside layer of the rice kernel, which contains the bran, and part of the rice germ. It is the part of the rice kernel that is removed to make brown rice. Some rice mills remove both bran and polish at the same time to make white rice. When polish and bran are not separated they are referred to a simply rice bran.

Q: What is sweet rice flour?

It is a specie of rice known by many names. In Japan, "Sweet Rice Flour" is used for pastries and cakes. Sweet rice is often described as glutinous, which is a term for the waxy sticky texture it produces when the grain is cooked.

Q: What is the difference between Potato Starch Flour and Potato Flour?

Potato Starch and Potato Starch Flour are the same thing. However Potato Starch (flour) and Potato flour are different. Potato Starch is a very fine flour with a bland taste, made from the starch of the potato. Potato flour is heavy with a definite potato flavor made from the actual potato including the potato skin.

Q: How do you cook your White Rice Pastas?

When cooking rice pastas a few drops of oil in the water keeps it from sticking together. Pastas made without wheat or gluten require less cooking time or they will become mushy. Some people have found by putting the sauce over the uncooked pasta and then heating it up in the microwave the pasta becomes tender and cooks in its own sauce. Lasagna can be made with the raw/uncooked pasta and then baked as usual in the casserole.

Q: For corn allergies what can be used as a substitution for cornstarch?

Potato Starch will perform the best where Tapioca Starch would not be a good substitution.

Q: Why use palm oil? Isn't it high in saturated fat?

Palm Fruit Oil is often confused with Palm Kernel Oil. Palm Kernel Oil is derived from palm kernels and contains much higher levels of saturated fat than Palm Fruit Oil. Palm Kernel Oil is comprised of 82% saturated fat. Palm Fruit Oil comes from the fruit of the palm and has a nutritionally balanced profile of approximately 50% saturated fat and 50% unsaturated fat.

Egg Replacer Questions

Q: What can you do or not do with the Egg Replacer?

Egg Replacer is used mainly in baking from scratch. Egg Replacer can be used with some commercial mixes but it is not recommended. Since there are no eggs or egg derivatives, it CANNOT be scrambled, hardboiled, etc.

Q: How much Egg Replacer to replace one egg?

1 Egg = 1 1/2 tsp Egg Replacer + 2 tbsp water.
1 Egg White = 1 1/2 tsp Egg Replacer + 2 tbsp water.
1 Egg Yolk = 1 1/2 tsp. Egg Replacer + 1 tbsp water.

Always mix the Egg Replacer with the necessary water separately before adding to recipe.

FAQS/RESOURCES

Q: How do you measure Egg Replacer if the recipe calls for eggs in measurements such as 1 cup?

If a recipe calls for eggs in measurements the following chart breaks down how many eggs equate to 1 cup or 8 oz. If a recipe calls for 1/2 cup of eggs divide the following in half and so on.

Measurements for 1 cup			
Egg	Whole	Whites	Yolks
Jumbo	4	5	11
X-Large	4	6	12
Large	5	7	14
Medium	5	8	16
Small	6	9	18

Q: Can the Egg Replacer be whipped like egg whites?

The Ener-G Egg Replacer can be whipped into egg whites, although they will not be as stiff as standard eggs. Using cream of tartar will help but we have seen great results just whipping them per serving. Adding sweeteners then whipping again is possible.

Q: How do you use Egg Replacer in a recipe that call for egg substitutes instead of eggs?

Many recipes are now calling for liquid egg substitutes (i.e. Egg Beaters®) in an attempt to make healthier recipes. Many inquiries were received about how much these products convert to in actual eggs and also how to use our Egg Replacer. Here is some helpful egg conversion tips.

Standard Measuring-Egg Substitutes	
Egg Substitute (i.e. Egg	Actual Egg
1/4 cup =	1 egg
1 cup =	4 eggs
2 tbsp =	1 egg white
3 tbsp =	1 egg yolk

Convert and replace egg substitutes with the egg replacer on a per egg equivalent, using 1/2 a serving Egg Replacer per egg yolk and 1/2 a serving Egg Replacer per egg white.

Allergy Support & Resources

All Allergy:

www.allallergy.net—Your Gateway to All Asthma, Allergy and Intolerance Information on the Web.

Allernurse:

www.allernurse.com—good central location for information and supplies to manage allergies.

Asthma and Allergy Foundation of America (AAFA):

www.aaafa.org—Phone: 1-800-7-Asthma, The AAFA helps with FREE INFORMATION about asthma and allergies.

Food Allergy & Anaphylaxis Network:

www.foodallergy.org—Phone 1-800-929-4040

MedicAlert Foundation International:

www.medicalert.org—Phone: 1-888-633-4298
Allergy Alert Bracelets.

Sully's Living Without Magazine:

www.livingwithout.com

Autism Support

ANDI-Autism Network for Dietary Intervention:

www.autismNDI.com—providing help and support for families using a gluten & casein free diet in the treatment of autism and related developmental disabilities.

Armed:

www.Rx4autism.org—addresses detailed steps to medical intervention for parents of newly diagnosed autistic children.

GFCF Diet:

www.gfcfdiet.com—good source of information regarding gluten free, casein free diets for Autism Therapy.

National Autism Assoc:

www.NationalAutismAssociation.org—Phone: 877-NAA-AUTISM, The mission of the National Autism Association is to advocate, educate, and empower.

Nutritional Lifestyle Designs:

www.nutrismart.com—dietitian out of Florida who educates clients on healthy nutritional lifestyles, lots of practical information.

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222 || 1.08.2011

SHIPPING INFO

TACA-Talk About Curing Autism:

www.tacanow.com—dedicated to curing our loved ones one step at a time.

Celiac Disease Support

American Celiac Society:

annettecbentley@netscape.net
Phone: 504-737-3293

Canadian Celiac Assoc:

www.celiac.ca—Phone: 800-363-7296

Celiac Disease Foundation:

www.celiac.org—Phone: 818-990-2354

Celiac Sprue Assoc:

www.csaceliacs.org—Phone: 1-877-CSA-4-CSA

Celiac Support:

www.celiac.com

Gluten Free Restaurant Awareness Program:

www.glutenfreerestaurants.org—a convenient way to locate gluten free restaurants.

Gluten Freeda:

www.glutenfreeda.com—Online cooking magazine and recipe book for celiacs created by a celiac.

Gluten Intolerance Group GIG:

www.gluten.net

Recipe Resources

All Recipes:

www.allrecipes.com—good source for recipes including some for special diets

Food Allergy Kitchen:

www.foodallergykitchen.com—A great resource for cooking with allergies, recipes, and substitutions.

Food You Can Eat:

www.foodyoucaneat.com—Information on recipes, reading labels, how-to's and more.

Meals For You:

www.mealsforyou.com—provides millions of users with recipes, meal plans, nutritional information, newsletters, and shopping lists.

- All prices are quoted in US dollars. There are no minimum order requirements.
- Prices do not include shipping charges.
- Credit card customers may also order by telephone or online at www.ener-g.com. Dial toll-free 1-800-331-5222 8:00 am to 5:00 pm Monday thru Thursday, and Friday 8:00 am to 4:30 pm (Pacific Time). **Please have your credit card and order ready.** To order via mail please send your order form and payment to Ener-G Foods, P.O. Box 84487, Seattle, WA 98124-5787.

Effective Immediately: a 10% handling fee, based on the total value of the order, will be added and charged to customers who have special handling requests. This includes, but is not limited to, special packaging and for specific date delivery.

Additionally: Customers who request same day shipments for GROUND orders will be charged a RUSH fee, 10% of the total value of the order.

Ener-G values its customers and treats everyone equally, therefore, we must adhere to our companies shipping policy, i.e., orders are processed on a first come, first serve basis. We would like to remind customers that our fulfillment policy for ground shipments is within 48 business hours, which is subject to product availability.

Only allowable exceptions are made for customers who pay for Express Air: Next Day Air, 2 Day Air, 3 Day Air (also known as "Express Saver"). Shipping for these services are based on actual carrier shipping costs.

Ground Shipping is based on the total dollar amount you spend:

If Order Totals:	FedEx Home Delivery
Up to \$36.00	\$6.00
\$36.01-\$60.00	\$9.50
\$60.01 & up	\$11.95

Lastly, Ener-G Foods, Inc. uses FEDEX (Federal Express) for GROUND and AIR services. Customers who prefer to use a different carrier will be charged at the chosen carriers' fees., including any additional charges that may apply to that shipment.

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

19

SHIPPING INFO

- All prices are quoted in US dollars. There are no minimum order requirements.
- **Please use your customer number; it will expedite your order.**
- **Unfortunately, we DO NOT do backorders on out of stock products, therefore, you must reorder these items.**
- Orders are shipped FEDEX ground whenever possible. Our baked products are vacuum-packed to enable us to ship FEDEX ground at a 60% savings over air rates. **We will ship via AIR upon request. Orders shipped to any P.O. Box address are sent via United States Postal Service (USPS).**
- You may request to have your order shipped using USPS. **USPS mail are charged at actual costs (calculated by weight and distance).**
- **Sorry, we cannot ship C.O.D.**
- Please mark carefully the quantity of each product ordered (pkg, case, etc). Figure the extended amount for each item ordered. Total all products ordered and add the appropriate shipping fee from our schedule. Attach your check or money order (**do not send cash**) for the total amount of your order.
- **MOST ORDERS ARE SHIPPED OUT FROM OUR FACILITY WITHIN 2 BUSINESS DAYS.**
- **IF YOU HAVE YOUR ORDER SHIPPED TO A BUSINESS, YOU MAY SUBTRACT \$2.00 FROM THE APPROPRIATE FEE.** (Note: Businesses operated out of a residential home do not qualify for the business address shipping rates.) FedEx Business Delivery Schedule: Mon-Fri.
- FedEx Home Delivery Schedule: Tuesday to Saturday 9:00 am to 8:00 pm

SHIPPING FEES

SPECIAL HANDLING FEE:

10% based on total value of order. E.g. special packaging, specific date delivery.

RUSH (GROUND) DELIVERY*:

Ground orders shipped same day, additional 10% charge based on total value of order.

*Note: All orders must adhere to our shipping policy, i.e., first come, first serve basis. Ground orders' fulfillment policy is 48 business hours, subject to product availability.

If Order Totals:	FedEx Home Delivery
Up to \$36.00	\$6.00
\$36.01-\$60.00	\$9.50
\$60.01 & up	\$11.95

The above charges apply to retail customers in 48 contiguous states. Shipments to AK, HI, PR & APO addresses are charged at actual FedEx and USPS costs. Shipments to Canada and other countries are charged at actual shipping costs plus **any charges for customs clearance, taxes, brokerage, or duties are the responsibility of the customer (where applicable).**

RETURN POLICY

In the event you received damaged or incorrect merchandise contact us no more than **15 days** after receiving the products. Spoilage contact us **within 6 months** of receiving your order. **Do not** return the merchandise to us. Call our toll-free number and we will arrange for replacement or credit. *No refund or credit will be given without an authorization code.* Contact us at **1-800-331-5222**. In the case of a non-damaged or non-spoiled product returns, the customer will pay the return shipping charges and a 15% re-stocking fee.

MAIL ORDERS ONLY



Ener-G Foods, Inc. \$2.00 Off

Attach this coupon with your next **Mail-In Order of \$40 or more (including shipping)** and receive **\$2** off your grand total.

5960 1st AVE S, Seattle, WA 98108 || 1-800-331-5222 || www.ener-g.com

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222 || 1.08.2011

RECIPE SELECTION

1. Check all of the criteria that your recipes must adhere to and send the list either by mail, fax or email to the information listed below. At this time you do not need to send any payment.
2. Ener-G will then mail back to you our introductory letter and the listing of recipes that meet your selected requirements. Please complete the address form at the bottom to receive the recipe listing in the mail.
3. Select the recipes you are interested in receiving and contact Ener-G Foods by mail, phone, fax, or email to place your order. There is a minimal charge of 15¢* per recipe to cover paper, printing and postage.
*Due to our recipe software restrictions we can only mail you the results. The 15¢ charge is per recipe not per recipe category.

1. Mail

Ener-G Foods, Inc.
Attn: Recipe Request
5960 First Avenue South
Seattle, WA 98108

2. Fax

(Please be sure to include your mailing address & phone number)
Attn: Recipe Request
206-764-3398

3. Email

(Please be sure to include your mailing address & phone number)
Subject: Recipe Request
customerservice@ener-g.com

Search Tip: Selecting many categories will greatly narrow the search results, which may end with no matches found. Broaden your search results by selecting fewer categories.

Check all Boxes that apply to your Dietary Needs:

- | | | | |
|----------------|--------------------------|------------------------------|--------------------------|
| 1. Gluten-Free | <input type="checkbox"/> | 10. Appetizers & Side Dishes | <input type="checkbox"/> |
| 2. Wheat-Free | <input type="checkbox"/> | 11. Bread | <input type="checkbox"/> |
| 3. Casein-Free | <input type="checkbox"/> | 12. Breakfast | <input type="checkbox"/> |
| 4. Dairy-Free | <input type="checkbox"/> | 13. Desserts | <input type="checkbox"/> |
| 5. Yeast-Free | <input type="checkbox"/> | 14. Drinks & Beverages | <input type="checkbox"/> |
| 6. Egg-Free | <input type="checkbox"/> | 15. Egg Replacer | <input type="checkbox"/> |
| 7. Soy-Free | <input type="checkbox"/> | 16. Main Dishes | <input type="checkbox"/> |
| 8. Nut-Free | <input type="checkbox"/> | 17. Sauce | <input type="checkbox"/> |
| 9. Low Protein | <input type="checkbox"/> | 18. Snacks | <input type="checkbox"/> |

*Note: Our computer can only sort on the above criteria

Your Name: _____ Phone: () _____

Address: _____

City: _____ State: _____ Zip: _____

REMEMBER: All Ener-G recipes are posted ONLINE at www.ener-g.com and they are FREE to Browse through and Print at your leisure.

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222 || 1.08.2011

THANK YOU!

DETAILED INFORMATION & DISCLAIMER

Ener-G Foods, Inc., a manufacturer of special diet foods for over 40 years, is pleased to offer a line of products suitable for use by persons on restricted diets. Detailed information concerning product ingredients and nutritional content is available from upon request by writing to us at:

**5960 First Avenue South
Seattle, Washington 98108
customerservice@ener-g.com
www.ener-g.com**

BECAUSE WE ARE UNAWARE OF YOUR PERSONAL REQUIREMENTS AND CANNOT PROVIDE DIETARY COUNSELING OR MEDICAL ADVICE, ENER-G FOODS CANNOT BE RESPONSIBLE FOR THE IMPROPER SELECTION AND USE OF ITS PRODUCTS. CONSEQUENTLY, WE URGE YOU TO CONSULT WITH A PHYSICIAN AND/OR DIETITIAN FOR GUIDANCE CONCERNING YOUR DIETARY NEEDS.

Disclaimer: Ener-G Foods, Inc. continues to make changes to have the best possible products available to our customers, therefore the information listed on Ener-G's catalogs is at anytime subject to change without notice. Ener-G Foods, Inc. is not responsible for information provided in an old published catalog.

ENER-G ALLERGEN STATEMENT

Ener-G Foods, Inc. is a wheat-free, gluten-free, dairy-free, peanut free, tree-nut free, kosher certified facility. The company has three separately owned production lines. All products manufactured by Ener-G Foods, Inc. are subject to our HACCP program. This program is in addition to current Good Manufacturing Processes required by the federal and state governments. The HACCP (Hazard Analysis and Critical Control Point) program identifies critical points in production operations that inherently lend (even minutely) itself to contamination issues (including cross-contamination), food safety issues, etc. Even though this program is not required for bakeries, the company believes that by being a HACCP compliant facility, all risks of cross contamination, or even any food safety issue will be completely eliminated.

Our food safety programs for all three production lines require us to clean, sanitize, and inspect after each and every product is run through the line. In addition, the equipment utilized by the company is designed for multiple products. Even with this program, the company would like to disclose any of the top 9 allergens that are used on each of the production lines.

Bakery:

The bakery production line uses Egg Powder and Dry Whole Eggs for a limited number of products. These products are produced on separate equipment (pans, bowls, etc) and are separated when not in use. The only common equipment for these known allergens and other products are the ovens. The food product is never in contact with the oven at any time.

Snack Foods Line:

The snack food line produces our pretzels and in the future, other snack items. This production line is in Pennsylvania.

The snack food line also produces pretzels with sesame seeds and poppy seeds.

We hope this disclosure helps your decision upon whether to purchase Ener-G Foods, Inc products. If you have further questions or comments, please email Sam Wylde, III (samiii@ener-g.com) or James S. Williamson (jim@ener-g.com).

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Ener-G Foods || www.ener-g.com || 1-800-331-5222

23



Ener-G Foods, Inc.

5960 First Ave South || Seattle, Washington 98108 || 1.800.331.5222 || www.ener-g.com

Shop www.ener-g.com

for gluten-free, wheat-free, dairy-free, tree nut-free, peanut-free, and many other allergy-free products!