



HEALTH ENHANCED FOODS®
WHOLE SOME PRODUCTS FOR THE HEALTH CONSCIOUS CONSUMER

We make Wholesome Gluten Free Flours

We make Low FODMAP Flours

We make Diabetic Friendly Flours

We make Keto Flours



Health Enhanced Foods®

YOUR SPECIALTY FLOUR COMPANY



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**AVAILABLE
IN CANADA**

wholesale catalog

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Caroline Egbelu, Manager

Who We Are

Health Enhanced Foods is a specialty flour company that manufactures naturally nutrient-rich wholesome flour blends to serve the health-conscious consumer. Our flour blends are formulated to help people with special dietary needs to enjoy nourishing baked products like pancakes, muffins and bread, regardless of their health challenge.

Who We Serve

The health-conscious consumer, including people with special dietary needs such as the ill-health, glucose intolerant, gluten intolerant, potassium intolerant and the food sensitive.

GLUTEN-FREE FLOUR BLENDS



GF Chickpea Pancake and Muffin Mix



Ingredients: Chickpea Flour, Buckwheat Flour, Whole Psyllium Husks, Pea Protein Isolate, Turmeric and Paprika

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



Gluten Free Fasting Flour



Ingredients: Buckwheat Flour, Amaranth Flour, Quinoa Flour, Whole Psyllium Husks and Fenugreek Powder

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



GF Ketogenic Seed Flour



Ingredients: Sunflower Seed Flour, Flax Seed Meal, , Pea Protein Isolate, Whole Psyllium Husks, Turmeric, Paprika

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



GF Nourishing Cream Cereal



Ingredients: Wholegrain Sorghum Flour, Amaranth Flour, Sunflower Seed Flour and Pea Protein

3 lb (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack

GLUTEN-FREE FLOUR BLENDS



GF Ketogenic Almond Bread Flour

Ingredients: Almond Flour, Coconut Flour, Whole Psyllium Husks and Nutritional Yeast

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



Gluten Free Dumpling Flour



Ingredients: Gluten Free Oat Flour, Buckwheat Flour, Flax Seed Meal and Whole Psyllium Husks

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



Communion Bread Flour

Ingredients: Buckwheat Flour, Amaranth Flour, Quinoa Flour, Whole Psyllium Husks and Fenugreek Powder

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



Buckwheat Baking Mix



Ingredients: Buckwheat Flour, Chickpea Flour, Sunflower Seeds, Psyllium Husk and Nutritional Yeast Flakes

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack

BREAD FLOUR



GF Ketogenic Almond Bread Flour

Ingredients: Almond Flour, Coconut Flour, Whole Psyllium Husks and Nutritional Yeast

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



Enriched Low Potassium Bread Mix



Ingredients: Unbleached Un-bromated Wheat Flour, Niacin (B vitamin), Iron, Thiamine Mononitrate (vitamin B1), Riboflavin (vitamin B2), Enzymes, Folic Acid (a B vitamin), Inactive Yeast Flakes and Fenugreek powder

1 lb (16oz) 454g
A Case of 12 Packs

1 lb (16oz) 454g
A Case of 12 Packs



100% White Wheat Bread Mix



Ingredients: Prairie Gold Flour, Flax Seed Meal, Wheat Gluten, Pure Sugar, Sea Salt

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Packs



100% Spelt Bread Mix



Ingredients: Wholegrain Spelt Flour, Sunflower Seeds, Pure Cane Sugar and Sea Salt

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Packs

BREAKFAST MIXES



Superior Breakfast Mix



Ingredients: Milled Buckwheat, Milled Oat Flax Seeds, Wheat Germ, Baking Powder, Sugar, Salt

1.5 lb (24oz) 680g
A Case of 12 Pack



GF Chickpea Pancake and Muffin Mix



Ingredients Chickpea Flour, Buckwheat Flour, Whole Psyllium Husks, Pea Protein Isolate, Turmeric and Paprika

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



GF Nourishing Cream Cereal



Ingredients: Wholegrain Sorghum Flour, Amaranth Flour, Sunflower Seed Flour and Pea Protein

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



KETO FRIENDLY



GF Ketogenic Seed Flour



Ingredients: Sunflower Seed Flour, Flax Seed Meal, Pea Protein Isolate, Whole Psyllium Husks, Turmeric, Paprika

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack



GF Ketogenic Almond Bread Flour

Ingredients: Almond Flour, Coconut Flour, Whole Psyllium Husks and Nutritional Yeast

3 lb. (48 oz) 1.36kg
Case of 6 Packs

1 lb (16oz) 454g
A Case of 12 Pack

Contact Us

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