



Gourmet Foods – Since 1982

Garvey's Organic Baking Mixes

Traditional Organic Scone Mix

Following extensive research in Scotland, where scones originated, we developed this mix. From it you will easily make authentic, delicious scones.



Organic Pancake & Waffle Mix

Following extensive research we developed this mix. From it you will easily make authentic, delicious pancakes or waffles.



Organic Irish Soda Bread Mix

Following extensive research in Ireland we developed this mix. From it you will easily make authentic, delicious, Traditional Irish Soda Bread.



Organic Irish Brown Bread Mix

Following extensive research in Ireland we developed this mix. From it you will easily make authentic, delicious, Traditional Irish Brown Bread.



Nutrition Facts
 Serving Size 1 scone (55g)
 Servings Per Container 8

Amount Per Serving	Mix	Baked
Calories	110	170
Calories from Fat	0	60
%Daily Value*		
Total Fat 0g*	0%	10%
Saturated Fat 0.5g	0%	6%
Trans Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 140mg	6%	9%
Total Carbohydrate 23g	8%	8%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Protein 3g		
Vitamin A	0%	8%
Vitamin C	0%	0%
Calcium	0%	2%
Iron 0%	8%	8%

INGREDIENTS: Certified organically-grown unbleached wheat flour, organic evaporated cane juice, monocalcium phosphate, salt, baking soda. NO PRESERVATIVES.

Nutrition Facts
 Serving Size 1 pancake or waffle (53g)
 Servings Per Container 10

Amount Per Serving	Mix
Calories	88
Calories from Fat	0
%Daily Value*	
Total Fat 0g*	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 95mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron 0%	8%

INGREDIENTS: Certified organically-grown unbleached wheat flour, organic evaporated cane juice, monocalcium phosphate, salt, bicarbonate of soda. NO PRESERVATIVES.

Nutrition Facts
 Serving Size 1 slice (42g)
 Servings Per Loaf about 20

Amount Per Serving	Mix
Calories	150
Calories from Fat	0
%Daily Value*	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	12%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	8%

INGREDIENTS: Certified organically-grown unbleached wheat flour, leavening (bicarbonate of soda), salt.

Nutrition Facts
 Serving Size 1 slice (42g)
 Servings Per Loaf about 20

Amount Per Serving	Mix
Calories	150
Calories from Fat	5
%Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	12%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%

INGREDIENTS: Certified organically-grown stone-ground whole grain wheat flour, certified organically-grown unbleached wheat flour, leavening (bicarbonate of soda), salt.

Required:
 1/2 stick butter & 1/2 cup milk

- Non-GMO ingredients
- Long Shelf Life 24 plus months
- Item Dimension: 3^{3/8} x 2^{1/4} x 7^{5/8}
- UNFI # 21699



Required:
Pancake: 1 1/2 cups milk, 1 egg,
 1/4 cup oil
Waffle: 1 1/4 cups milk, 2 eggs,
 1/4 cup oil

- Non-GMO ingredients
- Long Shelf Life 24 plus months
- Item Dimension: 3^{3/8} x 2^{1/4} x 7^{5/8}
- UNFI # 39559



Required:
 1 1/2 cups buttermilk

- Non-GMO ingredients
- Long Shelf Life 24 plus months
- Item Dimension: 3^{3/8} x 2^{25/32} x 7^{31/32}
- UNFI # TBA



Required:
 1 1/2 cups buttermilk

- Non-GMO ingredients
- Long Shelf Life 24 plus months
- Item Dimension: 3^{3/8} x 2^{25/32} x 7^{31/32}
- UNFI # TBA



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Garvey's Enterprises began by accident. Nancy Garvey, our founder, won an Irish Soda Bread Baking contest in 1982. The resulting press coverage led to featured demonstrations and classes at the Seattle Frederick and Nelson's Arcade Cooking School. The sell-out classes were the inspiration for providing baking mixes for the retail market—thus Garvey's Enterprises began.



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