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## Canyon Bakehouse Focuses on Flavor and Nutrition of Gluten-Free Breads

LOVELAND, COLO. – For many individuals on a gluten-free diet, the most important characteristic of the foods they eat – outside of being gluten free – is taste. Most find taste is the key differentiator between traditional breads and gluten-free breads. Canyon Bakehouse, a gluten-free bakery located in Loveland, recognizes the need for great-tasting, gluten-free products and combines that flavor with soft texture and quality ingredients.

“When I was diagnosed with celiac disease in 2007, my first thought was what it meant in terms of what I ate,” said Christi Skow, co-owner of Canyon Bakehouse. “Prior to my diagnosis, my diet included a lot of wheat and gluten. It was a big adjustment because what was on the market at that time tasted nothing like what I was used to eating.”

In 2009, building from Christi’s own personal experience, Canyon Bakehouse was born. Founded by Christi, her husband, Josh, and family friend Ed Miknevicus, the three set out with a vision to create some of the best-tasting, gluten-free products the whole family would enjoy.

“If you think about what percentage of an ordinary person’s diet is made up of breads, it makes sense that not being able to eat a traditional bread would have an impact on daily life,” said Josh Skow, President of Canyon Bakehouse. “We wanted to offer a gluten-free bread that was soft, delicious and nutritious.”

Capitalizing on Josh and Ed’s combined 35 years of experience in the baking industry, Canyon Bakehouse has grown substantially over the past two years, with products currently offered in more than 600 stores across the country as well as online via the bakery’s website. Canyon products include Whole Grain White, 7-Grain, Caraway, Cinnamon Raisin, Cranberry Crunch Muffins, Hamburger Buns and Rosemary and Thyme Focaccia,

Canyon Bakehouse breads and muffins are certified gluten free by the Gluten Intolerance Group and are certified Kosher by the Vaad Hoeir of St. Louis. All of Canyon’s products are made with 100% whole grains, including millet, quinoa, teff, amaranth, sorghum, corn and brown rice to ensure they provide a good source of nutrients, like protein, fiber, potassium, magnesium and calcium. They do not include soy, dairy or nuts. In addition, Canyon breads have a shelf life of one week, which means they can be stored on the counter instead of being refrigerated or frozen.

“For us, it’s not about being the biggest company in the gluten-free bread market,” Josh said. “It’s about creating products we believe taste better and which offer solid nutritional values. We’ve carefully chosen our ingredients because we don’t believe in making breads full of empty calories.”

Remaining true to gluten free is also important to Canyon. The company makes all of its products in a dedicated gluten-free facility and prohibits wheat flour and other gluten-containing ingredients from being brought into the bakery. Canyon tests all raw ingredients and finished products using test strips. In addition, raw materials and finished products are sent to a third-party agency to ensure that all Canyon breads are indeed 100% gluten free.

“If a product says ‘gluten free’ it should truly be completely gluten free,” Skow said. “We want to give our customers peace of mind by making all of our products in a completely gluten-free environment and testing our products to ensure that we uphold those standards at all times.”

Outside of taste and nutrition, another key difference in Canyon Bakehouse products rests in the way the breads are made. No two loaves look exactly alike because of Canyon’s handmade approach, which gives its breads its unique texture and softness.

“There is an Artisan process to the way we do things,” Skow said. “We do a lot of the work by hand and use unhurried techniques in the way we prepare the dough, all of which make our breads unique. Since they’re Artisan made, the loaves may not always be the same size, but each has the same Canyon taste and nutrition.”

Always looking to the future, Canyon relies on customer feedback as a way to continually enhance its processes and products. Customers are welcome to contact the company via its website or through Facebook and Twitter.

“Knowing what our customers like about our breads allows us to create new products, enhance current ones and identify the need to be in a certain area of the country,” Skow said.

Jodi Murphy from Warwick, R.I., recently wrote into the company to share how she found Canyon products in a local supermarket.

“I came across your gluten-free bread at Whole Foods when I was looking for a whole grain, gluten-free bread option. I just had to write and let you know how delicious it is,” Murphy wrote. “I have enjoyed many turkey sandwiches and peanut butter toast mornings since discovering your bread a few months ago. I even brought a loaf with me on my recent trip home to Minnesota (just in case!). I was so impressed when it stayed fresh the whole week without having to put it in the freezer. In my 11 years of being gluten intolerant, I haven’t found anything comparable to your bread.”

For Christi, that feedback is gratifying.

“At the end of the day, it’s always about what’s best for our customers. Hearing from customers about how much they appreciate the time and effort that goes into our breads, and what they think about the taste is truly gratifying,” Christi said. “I understand the choices they need to make, and for me, being gluten free is no longer a limitation. I am able to eat healthier now and can enjoy many of the same meals I did prior to celiac disease.”

## **ABOUT CANYON BAKEHOUSE**

Canyon Bakehouse products are sold online and through select grocery and specialty stores throughout the country. Canyon products include Whole Grain White, Caraway, Cinnamon Raisin, 7-Grain, Cranberry Crunch Muffins, Hamburger Buns and Rosemary and Thyme Focaccia. For more information on Canyon Bakehouse gluten-free breads, muffins and buns, go to [www.canyonbakehouse.com](http://www.canyonbakehouse.com) or call 1-888-566-3590.