

BIO-MÜHLE SEIT 1969



**Bauck
HOF**



2021
**PRODUCT
CATALOGUE**

Complete assortment

Valid from September 2021



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Bauckhof Mill

Biodynamic -
out of tradition and for the future

Bauckhof stands for a decision that unites farms, the mill and generations: Biodynamic agriculture. Eduard Bauck converted his farm in 1932. In the following years, two more farms were added. Bauck GmbH, a pioneer among organic food producers, was originally founded in 1969 as a marketing company for Demeter products for farmers in the region. Since the 1990s, the Bauck GmbH has focused more and more on mill products.

Today, Bauck GmbH is a highly modern milling company and sells around 140 products in small packs - without forgetting its own traditions. Only the best ingredients are used for the mill products. Of course from organic farming. The company relies on long-term partnerships with the farmers. The aim is to inspire as many people as possible with delicious organic and Demeter products and thus securing more and more land for sustainable agriculture.

Our goal: 100 % organic farming.



Mill Products

The flour and flake production is our core competence. In two mills, our experienced millers grind classic grains such as wheat, spelt and rye, but also gluten-free raw materials such as oats, rice, chickpeas and buckwheat. Another mill is used for flaking: We have three milling systems for this – for traditional flours and coarse meal, for gluten-free flours and for flakes.

Discover our variety of classic flours and special flours, flake mixtures, semolina and bran. Full of variety, always organic and Demeter if possible.























Mill products

Flours























We stand for grain from local cultivation, milled at our Bauckhof mill. We maintain long-standing partnerships with our Demeter farmers. To guarantee optimal baking results, every batch is analysed in our own mill laboratory. And: every bag of Bauckhof flour ensures, that as many square metres of land as possible, are farmed biodynamically and are saved from pesticides. Good for the bees, good for us all.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Spelt flour, light, type 630 Spelt flour	 	280441	1 kg	8	4,29	 4 015637 821368
 Spelt flour, type 1050 Spelt flour	 	260441	1 kg	8	3,99	 4 015637 821078
 Spelt flour, wholemeal Wholemeal spelt flour	 	250444	1 kg	8	3,99	 4 015637 006284
 Light-Rye flour, type 1150 Light rye flour	 	263241	1 kg	8	2,49	 4 015637 005751
 Light-Rye flour, wholemeal Wholemeal light rye flour	 	250241	1 kg	8	2,29	 4 015637 828022

 yeast-free  lactose-free  vegan  nut-free  soy-free  wheat-free  gluten-free  without industrial sugar

Mill products

Flours

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Rye flour, type 1150 Rye flour	 	260241	1 kg	8	2,49	 4 015637 824024
 Wheat flour, light, type 405 Wheat flour	 	290141	1 kg	8	2,49	 4 015637 822143
 Wheat flour, light, type 550 Wheat flour	 	280141	1 kg	8	2,49	 4 015637 832517
 Wheat flour, type 1050 Wheat flour	 	260141	1 kg	8	2,39	 4 015637 824017
 Wheat flour, wholemeal Wholemeal wheat flour	 	250141	1 kg	8	2,09	 4 015637 828015



FairBio certification

























Bauckhof Mill is a member of FairBio, an initiative for fair trade on the doorstep. It guarantees fair conditions for local organic farmers.

www.fairbio.bio



Mill products Semolina & Bran























Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Spelt semolina Spelt semolina	 	326431	500 g	6	2,79	 4 015637 821085
 Durum wheat semolina Durum wheat semolina		326731	500 g	6	1,99	 4 015637 821337
 Wheat semolina Whole wheat semolina	 	326131	500 g	6	1,99	 4 015637 832616
 Spelt bran Spelt bran	 	163431	200 g	6	1,29	 4 015637 823874
 Oat bran Oat bran	  	160827	300 g	6	2,49	 4 015637 007274
 Wheat bran Wheat bran	 	163121	250 g	6	0,99	 4 015637 840277

 yeast-free  lactose-free  vegan  nut-free  soy-free  wheat-free  gluten-free  without industrial sugar

























Mill products Flakes

We like diversity, also in our flakes: from our mill we offer large, small and fine flakes. In addition to classic flakes such as Demeter spelt or Demeter oats, we also have many gluten-free and special flakes such as quinoa flakes, buckwheat flakes or rice flakes in our range. Of course, flake mixes are not to be missed – not only for breakfast, but also as a cooking and baking ingredient.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Rolled spelt, jumbo Wholemeal rolled spelt	 	300431	500 g	8	2,59	 4 015637 883168
 Rolled spelt, regular Wholemeal rolled spelt	 	302531	500 g	8	2,59	 4 015637 822198
 Rolled spelt, fine Wholemeal rolled spelt	 	301631	425 g	8	2,49	 4 015637 822204
 Rolled oats, jumbo Wholemeal rolled oats	 	300831	500 g	8	1,99	 4 015637 883113
 Rolled oats, jumbo Wholemeal rolled oats	 	300841	1 kg	4	3,49	 4 015637 006475

























Mill products
Flakes



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Rolled oats, regular Wholemeal rolled oats	 	300931	500 g	8	1,99	 4 015637 883120
 Rolled oats, regular Wholemeal rolled oats	 	300941	1 kg	4	3,49	 4 015637 006451
 Rolled oats, fine Wholemeal rolled oats	 	301021	425 g	8	1,99	 4 015637 822242
 Rolled oats, fine Wholemeal rolled oats	 	301041	900 g	4	3,49	 4 015637 006499
 Rolled oats, jumbo, gluten-free Wholemeal rolled oats gluten-free	 	300838	475 g	6	2,79	 4 015637 824819
 Rolled oats, regular, gluten-free Wholemeal rolled oats gluten-free	 	300938	475 g	6	2,79	 4 015637 823645

 yeast-free
  lactose-free
  vegan
  nut-free
  soy-free
  wheat-free
  gluten-free
  without industrial sugar

Mill products
Flakes

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Rolled oats, regular, gluten-free Wholemeal rolled oats gluten-free	 	300948	1 kg	4	4,99	 4 015637 827407
 Rolled oats, fine, gluten-free Wholemeal rolled oats gluten-free	 	301038	425 g	6	2,79	 4 015637 003344
 Rolled buckwheat, gluten-free Wholemeal rolled buckwheat	 	300627	250 g	6	2,79	 4 015637 826448
 Rolled millet, gluten-free Wholemeal rolled millet	 	300738	500 g	6	3,79	 4 015637 824680
 Rolled rice for rice pudding, gluten-free Wholemeal rolled rice from round grain rice	 	395937	425 g	6	3,49	 4 015637 826356
 Rolled rice, gluten-free Wholemeal rolled rice from medium grain rice	 	300537	475 g	6	3,49	 4 015637 826363

Mill products
Flake mixes



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
3 grain muesli base, fine Wholemeal rolled oats, wholemeal rolled barley, wholemeal rolled spelt		305031	425 g	8	2,39	4 015637 822464
4 grain muesli base, jumbo Wholemeal rolled oats, wholemeal rolled barley, wholemeal rolled spelt, wholemeal rolled rye		305131	500 g	8	2,39	4 015637 883199
5 grain muesli base, gluten-free Wholemeal rolled oats, wholemeal rolled rice, wholemeal rolled buckwheat, wholemeal rolled quinoa, wholemeal rolled millet		305237	475 g	6	3,79	4 015637 827124
6 grain muesli base, jumbo Wholemeal rolled oats, wholemeal rolled barley, wholemeal rolled rye, wholemeal rolled spelt, wholemeal rolled rice, wholemeal rolled millet		305331	500 g	8	2,49	4 015637 883106



Peanut Oat Bites

To enjoy!

Easy preparation without baking, deliciously peanutty and crunchy - vegan and gluten-free.



bauckhof.de/rezepte/

Mill products
Special flours

Gluten-free organic flours are one of our main product ranges. For those with special dietary requirements or simply for a little variety in cooking and baking, we have a wide range of alternatives such as buckwheat flour, oat flour or chestnut flour. Thanks to our own gluten-free mill, strict precautions during mixing, storage and packaging, as well as our own laboratories, we can guarantee that these organic flours are gluten-free at all times.















Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
Browntop millet flour, wholemeal, gluten-free Wholemeal brown millet flour		255738	425 g	6	2,99	4 015637 822891
Buckwheat flour, wholemeal, gluten-free Wholemeal buckwheat flour		256038	500 g	6	3,49	4 015637 822907
Oat flour, wholemeal, gluten-free Wholemeal oat flour		260837	350 g	6	1,99	4 015637 007915
Chestnut flour, gluten-free Chestnut flour		256938	350 g	6	6,49	4 015637 823737
Chickpea flour, gluten-free Chickpea flour		256848	500 g	6	3,49	4 015637 824697

























yeast-free
 lactose-free
 vegan
 nut-free
 soy-free
 wheat-free
 gluten-free
 without industrial sugar

Mill products
Special flours



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Coconut flour, gluten-free Coconut flour, partially oiled	 	332328	250 g	6	1,99	 4 015637 827148
 Maize flour, gluten-free Maize flour	 	255937	500 g	6	2,99	 4 015637 824871
 Almond flour, gluten-free Almond flour, partially oiled	 	332528	200 g	6	10,99	 4 015637 827131

Mill products
Special flours

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Rice flour, light, gluten-free Rice flour	 	255638	500 g	6	2,99	 4 015637 824826
 Rice flour, wholemeal, gluten-free Wholemeal rice flour	 	255537	500 g	6	2,99	 4 015637 822884
 Soy flour, toasted, gluten-free Soy flour toasted	 	256528	250 g	6	2,35	 4 015637 826455
 Teff flour, wholemeal, gluten-free Wholemeal teff flour	 	266238	400 g	6	4,99	 4 015637 823355
 Flour Mix cake, gluten-free Maize starch, rice flour, wholemeal millet flour, thickening agent: locust bean gum, wholemeal rice flour	 	375748	800 g	6	4,49	 4 015637 824604
 Flour Mix universal, gluten-free Maize starch, wholemeal rice flour, wholemeal millet flour, thickener: guar gum	 	375548	800 g	6	3,99	 4 015637 824598





Flour Mixes

The flexible solution for all occasions. You will find recipes on every pack:








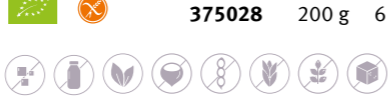








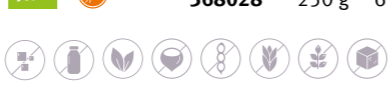

- **Universal flour** as a gluten-free substitute for 550 flour.
- **Cake flour** for everything from marble cake to shortcrust pastry
- **Bread flour** for pizza, rolls, crispbread, ciabatta and curd-oil doughs.

You can find these products on the **gluten-free shelf**.

 yeast-free
  lactose-free
  vegan
  nut-free
  soy-free
  wheat-free
  gluten-free
  without industrial sugar







Mill products
Breadcrumbs & Starch



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Potato flour (starch), gluten-free Potato starch		360828	250 g	6	1,99	 4 015637 821276
 Breadcrumbs spelt Spelt flour type 630, salt, yeast		360424	200 g	6	2,29	 4 015637 822129
 Breadcrumbs corn, gluten-free Maize grits, sea salt		375028	200 g	6	1,99	 4 015637 824055
 Breadcrumbs wheat Wheat flour type 550, salt, yeast		360124	200 g	6	1,79	 4 015637 822150
 Cornflour (maize), very fine, gluten-free Maize starch		360728	250 g	6	1,79	 4 015637 836072
 Sauce thickener, gluten-free Wholemeal rice flour, tapioca starch, maize starch		368028	250 g	6	1,79	 4 015637 836065

 yeast-free
  lactose-free
  vegan
  nut-free
  soy-free
  wheat-free
  gluten-free
  without industrial sugar

Mill products
Linseeds

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Linseed, crushed Linseed		231521	200 g	6	1,99	 4 015637 824789
 Gold-Linseed, crushed, gluten-free Gold linseed		231628	200 g	6	1,99	 4 015637 823522



Superfood linseed

All Bauckhof products feature delicious recipe ideas from the Bauckhof kitchen, like this one, featured on the linseed packaging:

Mango Smoothie Bowl with Golden Seeds

Preparation

Ingredients for approx. 2 servings

1 mango; 220 g coconut yoghurt, soy yoghurt or similar; 4 tbsp Bauckhof Gold-Linseed, of which 1 tbsp as topping; 75 ml vegetable drink or alternatively water; 100 g strawberries as topping; additional toppings of choice, e.g. blueberries, cashews, seeds

1. Peel the mango and cut the flesh from the stone. Coarsely dice and purée with coconut yoghurt, add 3 tbsp Bauckhof Gold-Linseed and vegetable drink (or water) into a blender on high speed until creamy.
2. Divide the mango linseed smoothie between two bowls and sprinkle with the remaining linseeds (1 tbsp). Wash and chop the strawberries and add them to the smoothie. Garnish with other toppings of your choice and serve.

Muesli, Porridge & Cereals





































Variety, creativity and enjoyment: these are the main features of our muesli, porridge and cereal range. Whether melt-in-the-mouth or crunchy flakes. Whether with berries, fruits, nuts, seeds or chocolate. Whether warm porridges or the classic muesli, we provide a delicious variety for the cereal bowl – of course in Demeter and organic quality and many also gluten-free.











































Want to refine it even further? No problem. You'll find recipe ideas on all packages. So that every taste is catered for.













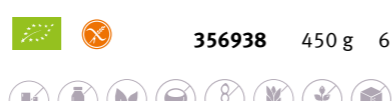


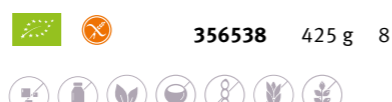






For our Mueslis Fine, we make extra delicate, tender flakes that melt in your mouth and taste delicious. All mueslis are, if possible, without added sugar. They are packed in paper bags. With every Backhof Müsli you can be sure, that many square metres of land are organically farmed and protected from pesticides. Good for the earthworms, good for us all.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Oat muesli fine, base Wholemeal rolled oats, whole meal rolled barley, wholemeal rolled spelt, linseed, sesame, sunflower seeds	     	351841	1 kg	4	4,99	 4 015637 824253
 Spelt muesli fine, berries Wholemeal rolled spelt, dried fruit (currants, sultanas, apples, sunflower oil), spelt flakes (spelt, sea salt), berries (blackberries, blueberries, strawberries), blueberries, strawberries)	     	352231	425 g	8	3,99	 4 015637 822310
 Spelt muesli fine, fruits Wholemeal rolled spelt, dried fruit (sultanas, figs, apricots, apples, strawberries, rice flour, vegetable oil), spelt flakes (spelt, sea salt), linseed	     	352131	425 g	8	3,99	 4 015637 822228
 Spelt muesli fine, crunchy Wholemeal rolled spelt, oat crunchy (wholemeal rolled oats, beet sugar, sunflower oil, rice extrudate from wholemeal rice flour, vanilla), spelt flakes (spelt, sea salt), sunflower seeds, linseed	    	352031	425 g	8	3,49	 4 015637 822211
 Spelt muesli fine, choco Wholemeal rolled spelt, chocolate corn flakes (maize, chocolate, raw cane sugar, cocoa butter, whole milk powder, cocoa mass, glazing agent: gum arabic, raw cane sugar, sea salt, corn malt), spelt flakes (spelt, cane sugar, sea salt, barley malt extract), dark chocolate flakes (cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), linseed, cocoa powder, hazelnuts	  	352931	425 g	8	3,99	 4 015637 823713










Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Oat muesli fine, cranberry Wholemeal rolled oats, spelt flakes (spelt, sea salt), sunflower seeds, currants, dried cranberries (cranberry pieces, apple syrup, sunflower oil), sesame, dried apple pieces, linseed, freeze-dried blackberry pieces	     	350531	425 g	8	3,99	 4 015637 822808
 Oat muesli fine, fruit Wholemeal rolled oats, dried fruit (sultanas, figs, apricots, apples, strawberries), corn flakes (maize, emulsifier: sunflower lecithin), linseed, rice flour, sunflower oil	     	350131	425 g	8	3,49	 4 015637 835013
 Oat muesli fine, farmers mix Wholemeal rolled oats, sultanas, cornflakes (maize, emulsifier: sunflower lecithin), sunflower seeds, hazelnuts, sesame, linseed, sunflower oil	    	350031	425 g	8	3,49	 4 015637 835006
 Oat muesli fine, crunchy Wholemeal rolled oats, Oat Crunchy (whole grain oat flakes, beet sugar, sunflower oil, rice extrudate from whole grain rice flour, vanilla), cornflakes (maize grits, emulsifier: sunflower lecithin), sunflower seeds, linseed	    	350731	425 g	8	2,49	 4 015637 824260
 Oat muesli fine, nuts Wholemeal rolled oats, spelt flakes (spelt, sea salt), nuts (hazelnuts, cashew nuts, almonds), sunflower seeds, apples, sesame seeds	    	350631	425 g	8	3,99	 4 015637 822815
 Oat muesli fine, choco Wholemeal rolled oats, chocolate cornflakes (maize, raw cane sugar, cocoa butter, whole milk powder, cocoa mass, maize malt, sea salt, glazing agent: gum arabic), cornflakes (maize, emulsifier: sunflower lecithin), dark chocolate flakes (raw cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), linseed, cocoa powder	  	350231	425 g	8	3,49	 4 015637 835020



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Oat muesli, base, gluten-free Wholemeal rolled oats gluten-free, buckwheat flakes (buckwheat), corn flakes (maize grits, emulsifier: sunflower lecithin), rice flakes (rice), sunflower seeds, sesame seeds, puffed quinoa, golden linseed, linseed, vanilla		407738	425 g	6	2,99	 4 015637 827360
 Oat muesli, berries, gluten-free Wholemeal rolled oats gluten-free, rice flakes (rice, raw cane sugar, rice syrup, sea salt), currants, apple pieces, blackberry pieces, blueberries, strawberry pieces		351938	425 g	6	3,99	 4 015637 824284
 Oat muesli, Bircher, gluten-free Wholemeal rolled oats gluten-free, dried fruit (sultanas, apple pieces, sunflower oil), roasted hazelnut pieces, almond slivers		357337	450 g	6	3,99	 4 015637 007939
 Oat muesli, fruits, gluten-free Wholemeal rolled oats gluten-free, dried fruit (sultanas, apricot pieces, apple pieces, strawberry pieces, rice flour, sunflower oil), sunflower seeds, golden linseed		356938	450 g	6	3,99	 4 015637 824864
 Oat muesli, choco, gluten-free Wholemeal rolled oats gluten-free, chocolate (raw cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), rice flour, maize semolina, raw cane sugar, cocoa powder, sea salt		356538	425 g	8	3,99	 4 015637 824413
 Oat muesli, protein, gluten-free Wholemeal rolled oats gluten-free, soy flakes, currants, date pieces, fig pieces, apricot pieces, apple pieces, raspberry pieces, rice flour, puffed quinoa, rice protein, puffed amaranth, linseed		393338	425 g	6	3,99	 4 015637 825441

 yeast-free
  lactose-free
  vegan
  nut-free
  soy-free
  wheat-free
  gluten-free
  without industrial sugar

For our porridges, the oat flakes are specially processed and mixed. That's why our Hot Oats porridge is quick and easy to prepare and has the perfect consistency. Simply heat in a pot or microwave for a few minutes with water or milk. The oats in our gluten-free mixes are grown and processed free of gluten impurities and are of course certified by the DZG.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Hot Spelt porridge, base Wholemeal spelt flakes		392431	400 g	6	2,49	 4 015637 826431
 Hot Oats porridge, base, gluten-free Wholemeal rolled oats gluten-free		397237	400 g	6	2,49	 4 015637 825427
 Hot Oats porridge, apple-cinnamon, gluten-free Wholemeal rolled oats gluten-free, dried apple pieces, apple flour, cinnamon		396737	400 g	6	3,99	 4 015637 825403

OFT LÄNGER GUT

IST MEIN PRODUKT NOCH GUT?

















































SCHAUEN RIECHEN PROBIEREN

Against food waste

We support the "Often good for longer" campaign, an initiative of "Too good to go". We use a label on the packaging to draw attention to the fact that the product is often good for longer than the sell-by date indicates.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 <p>Hot Oats porridge, berry, gluten-free</p> <p>Wholemeal rolled oats gluten-free, currants, blackberry pieces, blueberries, strawberry pieces, raspberry pieces</p>	  	397337	400 g	6	3,99	 4 015637 825410
 <p>Hot Oats porridge, fruits, gluten-free</p> <p>Wholemeal rolled oats gluten-free, dried fruit (sultanas, date pieces, apricot pieces, fig pieces, cranberry pieces, rice flour, sunflower oil), golden linseed</p>	  	402637	400 g	6	3,99	 4 015637 827100
 <p>Hot Oats porridge, choco, gluten-free</p> <p>Wholemeal rolled oats gluten-free, dark chocolate leaves (raw cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), cocoa bean pieces, puffed quinoa, puffed amaranth</p>	  	396137	400 g	6	3,99	 4 015637 825458
 <p>Hot Oats porridge, 7-seeds, gluten-free</p> <p>Wholemeal rolled oats gluten-free, seeds [sunflower seeds, pumpkin seeds, linseed, sesame seeds, chia seeds (Salvia hispanica), hemp seeds, blue poppy seeds], puffed quinoa, buckwheat grains, puffed amaranth</p>	  	396037	400 g	6	3,99	 4 015637 827117
 <p>Hot Millet porridge, golden morning, gluten-free</p> <p>Wholemeal rolled millet, buckwheat wholemeal flakes, date pieces, tiger nut flour, apple pieces, fig pieces, golden linseed, apple flour, chia seeds (Salvia hispanica), puffed quinoa, rice flour, cardamom, zinger</p>	 	392538	400 g	6	4,99	 4 015637 826424

Our oat crunchies are a pure crunchy pleasure. The Crunchies are baked with oat flakes directly from the Backhof mill. The gluten-free oats and the beet sugar used to come from local organic farming and save long transport routes. But our other crunchy cereals also offer everything for a healthy, varied breakfast with organic quality – and support organic farming in the region.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 <p>Oat crunchy, base, gluten-free</p> <p>Wholemeal rolled oats gluten-free, beet sugar, sunflower oil, rice extrudate (wholemeal rice flour), vanilla</p>	 	356638	325 g	6	3,79	 4 015637 005072
 <p>Oat crunchy, choco, gluten-free</p> <p>Wholemeal rolled oats gluten-free, beet sugar, sunflower oil, low fat cocoa powder, rice extrudate (whole grain rice flour), vanilla</p>	 	321138	325 g	6	3,99	 4 015637 005102
 <p>Choco Balls, gluten-free</p> <p>Maize semolina, raw cane sugar, dark chocolate (cocoa mass, raw cane sugar, cocoa butter), cocoa powder, rice flour, quinoa flour, sea salt</p>	 	325838	300 g	4	3,99	 4 015637 823225
 <p>Cornflakes, gluten-free</p> <p>Corn, raw cane sugar, rice syrup, sea salt</p>	 	329937	325 g	4	2,99	 4 015637 823744
 <p>Oat pops with honey, gluten-free</p> <p>Wholemeal oats, honey</p>	 	327128	150 g	6	2,99	 4 015637 824420



Organic







The Bauckhof mill range is 100% organic. All products are at least EU organic standard and preferably Demeter quality.





Eduard the Hedgehog

can be found on the Cornflakes, the Choco Balls, the Oat Pops and all crispy breakfast products. It is named after Eduard "Grandpa" Bauck, who converted his farm to biodynamic cultivation in 1932.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Crispy breakfast, fruits, gluten-free Dried fruit (sultanas, apricots, figs, apples, raspberries, rice flour, sunflower oil), maize semolina, sunflower seeds, rice flour, raw cane sugar, amaranth flour, quinoa flour, buckwheat flour, sea salt		358128	325 g	6	3,99	4 015637 823102
 Crispy breakfast, dark chocolate, gluten-free Maize grits, dark chocolate (cocoa mass, raw cane sugar, cocoa butter), sunflower seeds, maize grits, buckwheat flour, wholemeal rice flour, rice flour, raw cane sugar, roasted amaranth flour, cocoa powder, sea salt, emulsifier: sunflower lecithin		358228	300 g	6	3,99	4 015637 823119
 Crispy breakfast, 3-grain, gluten-free Maize semolina, rice flour, buckwheat flour, raw cane sugar, amaranth flour, quinoa flour, sea salt		358028	225 g	6	2,99	4 015637 823096

 yeast-free
  lactose-free
  vegan
  nut-free
  soy-free
  wheat-free
  gluten-free
  without industrial sugar

Our new oat Mill

Traditional craftsmanship.
State-of-the-art technology. Our organic mill.

The heart of Bauck GmbH has been located in Rosche in Northern Germany since 2000. Here we grind, flake, mix and package on state-of-the-art equipment. Traditional miller's craft meets high-tech – and creative products are made from well-known raw materials. Since 2006, we have specialised in gluten-free products in addition to our Demeter range.

In autumn 2020, we inaugurated one of the most modern and efficient organic mills in Europe in Rosche. Up to 20,000 tonnes of organic grain and other raw materials can now be processed per year. Using specially developed milling technology, oats and other gluten-free raw materials such as millet, browntop millet, chickpeas, rice, buckwheat, quinoa and maize grits are processed into flakes and flours here.

Our goal: 100 % organic farming.



From us for you - the best oat quality directly from the Bauckhof mill

Find out more on our virtual 360° mill tour:
www.bauckhof.de/muehlenrundgang

Mixes

Do-it-yourself baking and cooking is an absolute trend. And really easy with our mixes for juicy cakes, hearty breads, crispy pizzas, burgers and nutty falafel. We are constantly creating delicious new Bauckhof products and improving the existing range.













For our taste experts, the focus is on healthy, successful cuisine, where special dietary requirements are taken into account without compromising on taste. Whether gluten-free, wheat-free or vegan. Full of variety, always organic and if possible Demeter.



Wholemeal bread



Would you like to bake your own bread? Easy with the Bauckhof Demeter bread mixes. Just add a little water and yeast, mix thoroughly and put in the oven. The grain comes mainly from regional organic farming and is carefully milled by us.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Farmers bread, wholemeal Wholemeal wheat flour, wholemeal rye flour, wholemeal rye sourdough powder, sea salt, roasted spelt flour	 	361031	500 g	6	1,99	 4 015637 821283
 Spelt bread, wholemeal Wholemeal spelt flour, wholemeal rye flour, wholemeal rye sourdough powder, sea salt, roasted spelt flour	 	361431	500 g	6	2,49	 4 015637 821306
 6-grain bread, wholemeal Wholemeal wheat flour, wholemeal rye flour, wheat flour type 1050, wholemeal rolled oats, sesame seeds, wholemeal rolled rice, wholemeal rolled barley, wholemeal rye sourdough powder, wholemeal rolled spelt, roasted spelt flour, sea salt	 	361331	500 g	6	2,49	 4 015637 821214

Pull-Apart-Farmers-Bread

Hearty, cheesy, delicious

Transform your Bauckhof farmers bread into a warm, cheesy delicacy in just a few steps.



















bauckhof.de/rezpte/















Gluten-free yeast breads

The right bread for every taste: gluten-free, easy-bake breads without yeast with seeds, bread spices or different grains. Gluten-free yeast breads, for example, as brown bread or oat bread. Or the popular Wunderbrød without flour, yeast and gluten, simply with oat flakes and seeds as a base and refined with nuts or golden linseed.









Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Oat bread, wholemeal, gluten-free Wholemeal rolled oats gluten-free, wholemeal rice flour, buckwheat sourdough powder, sea salt, thickener: guar gum	 	376737	500 g	6	3,79	 4 015637 007250
 Crusty oat bread, gluten-free Wholemeal oat flour gluten-free, maize starch, wholemeal buckwheat flour, wholemeal brown millet flour, potato starch, buckwheat sourdough powder (buckwheat flour, quinoa flour, starter cultures), sea salt, thickening agent: xanthan gum, ground psyllium husks	 	414438	500 g	6	3,49	 4 015637 827445
 Mill bread, 7-seeds, gluten-free Whole oat flour gluten-free, maize starch, wholemeal rolled oats, wholemeal brown millet flour, potato starch, buckwheat sourdough powder (buckwheat flour, quinoa flour, starter cultures), wholemeal buckwheat flour, linseed, chia seeds (Salvia hispanica), sea salt, thickener: xanthan gum, sesame seeds, ground pumpkin seeds, sunflower seeds, ground psyllium husks, blue poppy seeds, hemp seeds	 	413938	500 g	6	3,79	 4 015637 827438
 Dark bread, gluten-free Wholemeal rice flour, sunflower seeds, maize starch, linseed, buckwheat sourdough powder, sea salt, rice syrup powder, caramel powder, maltodextrin, thickening agent: guar gum	 	379138	500 g	6	3,79	 4 015637 824796





Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 <p>Easy-bake bread with bread spice, gluten-free</p> <p>Wholemeal rice flour, maize starch, rolled rice, wholemeal teff flour, buckwheat sourdough powder, buckwheat flour, locust bean gum, bread spice mix (coriander, caraway, fennel), pure tartar baking powder, sea salt, thickening agent: xanthan gum</p>		370638	500 g	6	3,99	 4 015637 823980
 <p>Easy-bake bread with seeds, gluten-free</p> <p>Wholemeal rice flour, maize starch, maize flour, quinoa sourdough powder, sunflower seeds, linseeds, locust bean gum, sesame seeds, sea salt, pure tartar baking powder, thickener: xanthan gum</p>		365738	500 g	6	3,99	 4 015637 823126
 <p>Easy-bake bread 5-grain, gluten-free</p> <p>Wholemeal rice flour, maize starch, wholemeal rolled rice, wholemeal millet flour, buckwheat sourdough powder (buckwheat flour, quinoa flour, starter cultures), puffed quinoa, maize flour, buckwheat flakes (buckwheat), thickening agent: locust bean gum, baking powder (raising agent: sodium hydrogen carbonate, acidifier: monopotassium tartrate, maize starch), sea salt, thickening agent: xanthan gum</p>		414738	475 g	6	3,99	 4 015637 001678
 <p>Wunderbrød, gluten-free</p> <p>Wholemeal rolled oats gluten-free, pumpkin seeds, sunflower seeds, ground linseed, sesame seeds, linseed, chia seeds (Salvia hispanica), whole millet flakes, ground psyllium husks, sea salt</p>		385538	600 g	6	3,99	 4 015637 826417
 <p>Wunderbrød gold, gluten-free</p> <p>Wholemeal rolled oats gluten-free, crushed Golden linseed, golden linseed, sunflower seeds, sesame seeds, millet, pumpkin seeds, ground pumpkin seeds, ground psyllium husks, sea salt, turmeric</p>		414038	600 g	6	4,79	 4 015637 827377
 <p>Wunderbrød with nuts, gluten-free</p> <p>Wholemeal rolled oats gluten-free, pumpkin seeds, sunflower seeds, ground linseed, sesame seeds, hazelnuts, linseed, almonds, chia seeds (Salvia hispanica), whole grain millet flakes, ground psyllium husks, sea salt</p>		388838	600 g	6	5,49	 4 015637 827094

Best ingredients from sustainable agriculture, easy preparation and perfect taste – these are our cake mixes. In addition to classic recipes, gluten-free treats are our speciality. Alternatives for vegan preparation can also be found on all products. After all, it should taste good for everyone.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 <p>Brownies, gluten-free</p> <p>Raw cane sugar, maize starch, wholemeal rice flour, dark chocolate leaves (raw cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), cocoa powder, locust bean gum, sea salt, vanilla</p>		362938	400 g	6	3,79	 4 015637 822990
 <p>Oat cookies, gluten-free</p> <p>Wholemeal rolled oats gluten-free, raw cane sugar, rice flour, corn flour, vanilla, sea salt</p>		372538	2x 200 g	6	2,99	 4 015637 823850
 <p>Marble cake, gluten-free</p> <p>Corn starch, raw cane sugar, rice flour, pure tartar baking powder, thickening agent: locust bean gum, wholemeal millet flour, sea salt, vanilla powder, cocoa powder</p>		378838	415 g	6	3,79	 4 015637 826400
 <p>Quick apple cake, gluten-free</p> <p>Rice flour, raw cane sugar, tapioca starch, baking powder (raising agent: sodium hydrogen carbonate, acidifier: monopotassium tartrate, Corn starch), vanilla, sea salt</p>		412838	2x 250 g	6	2,99	 4 015637 827391























Gluten-free

More than half of our products are certified gluten-free by the DZG. We guarantee less than 20 ppm gluten.






















Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Quick cheesecake, gluten-free Wholemeal rolled oats gluten-free, raw cane sugar, corn starch, cinnamon	 	362434	485 g	6	3,29	 4 015637 821498
 Fruit sponge cake, gluten-free Raw cane sugar, rice flour, corn starch, tapioca starch, pure tartar baking powder, vanilla, sea salt	 	374038	200 g	6	2,99	 4 015637 823836
 Spelt chocolate muffins Spelt flour type 630, raw cane sugar, dark chocolate leaves (raw cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), cocoa powder, pure tartar baking powder, roasted spelt flour, vanilla, sea salt		363031	300 g	6	3,29	 4 015637 824918
 Spelt lemon cake Spelt flour type 630, raw cane sugar, corn starch, pure tartar baking powder, barley malt flour, roasted spelt flour, sea salt		362331	485 g	6	3,99	 4 015637 824901
 Spelt crumble cake Spelt flour type 630, raw cane sugar, roasted spelt flour, sea salt		362131	425 g	6	2,99	 4 015637 821146
 Chocolate cake Wheat flour type 550, raw cane sugar, dark chocolate leaves (raw cane sugar, cocoa mass, cocoa butter, emulsifier: sunflower lecithin), corn starch, pure tartar baking powder, cocoa powder, roasted barley flour, barley malt flour, cinnamon, sea salt		362231	425 g	6	3,49	 4 015637 824895

 yeast-free
  lactose-free
  vegan
  nut-free
  soy-free
  wheat-free
  gluten-free
  without industrial sugar

Waffles, pancakes or pudding: sometimes it just has to be something sweet. Always easy to prepare. Always all organic. We also offer a wide range of fruit purées to eat straight away or to refine our mueslis and desserts. The use of good old apple varieties and the high fruit content ensure a natural sweetness.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Spelt Kaiserschmarrn Spelt flour type 630, sultanas, raw cane sugar, corn starch, pure tartar baking powder, sea salt, vanilla, sunflower oil		312121	160 g	6	1,79	 4 015637 822341
 Spelt pancake Spelt flour type 630, wholemeal millet flour, rice flour, sea salt		312021	180 g	6	1,79	 4 015637 82334
 Spelt waffles Spelt flour type 630, raw cane sugar, pure tartar baking powder, corn starch, sea salt, vanilla		312221	200 g	6	1,79	 4 015637 82358
 Waffle & pancake mix, gluten-free Rice flour, wholemeal rice flour, tapioca starch, baking powder (raising agent: sodium hydrogen carbonate, acidifier: monopotassium tartrate, Corn starch), sea salt	 	312528	200 g	6	1,79	 4 015637 826554
 Semolina pudding, gluten-free Rice flour, rice semolina, raw cane sugar, vanilla, sea salt	 	310628	65 g	6	1,79	 4 015637 823805



Vegetarian burgers? Gluten-free pizza? Spicy falafel? No problem. We have innovative recipes for creative cuisine. Always new ideas on how to put the blends to delicious use. They are appealing not only because of their variety, but also because of their great taste and easy preparation.

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
Falafel, gluten-free Chickpea meal, chickpea flour, sea salt, cumin, parsley, garlic powder, coriander, white pepper		111028	160 g	6	1,99	4 015637 822952
Curry-Coconut falafel, gluten-free Chickpea meal, chickpea flour, coconut flour, grated coconut, curry powder (coriander, turmeric, rice flour, fenugreek, cumin, ginger, cloves), sea salt, freeze-dried banana granules (banana puree), onion pieces, parsley, garlic powder, coriander, chilli powder		113728	160 g	6	1,99	4 015637 827384
Harissa falafel, gluten-free Chickpea meal, chickpea flour, chopped peppers, sea salt, rice flour, cumin, chilli powder, coriander, garlic powder, parsnips, onions, olive oil, carrots, turmeric		111228	160 g	6	1,99	4 015637 824833
Vegetable burger Roasted wholemeal barley groats, roasted wholemeal barley flour, Wholemeal rolled oats, dried vegetable pieces (leek, carrot, parsnip, onion), rock salt, oat bran, rice flour, parsley, turmeric, olive oil		110521	160 g	6	1,79	4 015637 821399
Green spelt burger Green spelt groats, Wholemeal rolled oats, green spelt meal, sesame seeds, rock salt, oat bran, leek, rice flour, parsnips, onions, olive oil, carrots, turmeric		110324	160 g	6	1,79	4 015637 004945

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- soy-free
- wheat-free
- gluten-free
- without industrial sugar

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
Tomato burger with basil, gluten-free Wholemeal rolled rice, rice flour, wholemeal rolled millet, maize flour, maize extrudate (whole rice flour, maize flour, sea salt), dried tomato pieces, tomato flakes (dried tomato paste concentrate, Corn starch), salt, basil, onions, parsnips, carrots, turmeric, white pepper, olive oil		110728	140 g	6	1,99	4 015637 824048
Spelt pizza dough Spelt flour type 1050, pure tartar baking powder, yeast flakes (yeast autolysate, wheat flour, sea salt), sea salt		364231	350 g	6	2,79	4 015637 821429
Pizza dough, gluten-free Wholemeal rice flour, corn starch, rice flour, pure tartar baking powder, thickening agent: guar gum, quinoa sourdough powder (quinoa flour, rice flour, starter cultures), sea salt, yeast, raw cane sugar, thickening agent: xanthan gum		413038	350 g	6	2,79	4 015637 006659

demeter

























Demeter quality

In Demeter food, attention is paid to quality as early as the biodynamic cultivation of the plants and fruits. Organic fertiliser and medicinal herbs promote soil fertility. This results in vital, naturally mature plants with a lot of vitality.

www.demeter.de

























Pulp, Puree & Syrup



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Apple pulp Apples	 	430234	360 g	12	1,89	 4 015637 842837
 Apple pulp Apples	 	430244	700 g	12	2,99	 4 015637 842844
 Apple puree Apples, apple syrup	 	431434	360 g	12	1,89	 4 015637 821351
 Apple puree Apples, apple syrup	 	431444	700 g	12	2,99	 4 015637 842943
 Apple-apricot puree Apples, apricot pulp, apple syrup	 	431134	360 g	12	1,99	 4 015637 822914
 Apple-banana pulp Apples, bananas	 	431334	360 g	12	1,99	 4 015637 843131


















































Pulp, Puree & Syrup

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Apple-pear pulp Apples, pears	 	430634	360 g	12	1,99	 4 015637 824772
 Apple mango pulp Apples, mangoes	 	431034	360 g	12	1,99	 4 015637 843100
 Apple-rhubarb puree Apples, rhubarb, apple syrup, elderberry juice concentrate	 	431534	360 g	12	1,99	 4 015637 824840
 Apple sea buckthorn puree Apples, apple syrup, seabuckthorn	 	432034	360 g	12	2,35	 4 015637 822136
 7 dwarf puree Apple pulp, carrot pulp, pear pulp, blueberry pulp, strawberry pulp, grape juice, rose hip pulp, sea buckthorn pulp, lemon juice from lemon juice concentrate	 	431731	360 g	12	2,35	 4 015637 825779
 Sugar beet syrup Sugar beet	 	430131	450 g	12	3,45	 4 015637 843018








Important notices
Changes in product range



Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Spelt vital bread, wholemeal Wholemeal spelt flour, sunflower seeds, linseed, sesame seeds, wholemeal spelt sourdough powder, sea salt	     	373431	500 g	6	2,99	4 015637 823973
 Hot Oats Sport porridge, high in protein, gluten-free Wholemeal rolled oats gluten-free, rolled soy, currants, rice protein, banana flakes, apple flour, puffed quinoa, apple pieces, golden linseed, puffed amaranth, chia seeds (Salvia hispanica), raspberry pieces	      	394138	400 g	6	4,99	4 015637 825434
 Kornfix stone oven spelt, roasted Spelt groats	      	140431	500 g	6	3,49	4 015637 840154
 Kornfix stone oven barley, roasted Barley groats	      	140331	500 g	6	3,49	4 015637 840123
 Flour Mix Bread, gluten-free Corn starch, wholemeal rice flour, wholemeal millet flour, buckwheat sourdough powder Thickener: guar gum	      	375448	800 g	6	4,49	4 015637 824581
 Pizza dough, classic Wheat flour type 550, baking powder pure tartar powder, yeast flakes (yeast autolysate, wheat flour, sea salt), sea salt	      	364131	350 g	6	1,99	4 015637 836096

 yeast-free
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Important notices
Changes in product range

Articles/ingredients	Quality	Article no.	Weight	PU	RRP	GTIN Unit
 Quinoa flakes, gluten-free Quinoa wholemeal flakes	      	307628	250 g	6	3,99	4 015637 825366

News from the Bauckhof Mill

Our taste experts are always busy developing new creations or improving classics - from muesli to bread rolls to burgers.

Find these treats on the shelves soon.



Tarte flambée
Veggie Spelt nut Burger
Quick Rolls Oats
Quick Rolls Seeds
Oatflakes unsweetened





Bauckhof Mill

emerged from the three biodynamic Bauck farms, which makes us a true pioneer as an organic food producer.

Our passion: to produce delicious, healthy Demeter and organic food with passion. See for yourself and visit us at: www.bauckhof-muehle.de.

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With allergy infos

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