

# Early to Rise Customer Support

Portal > Knowledgebase > Chef Gui Eat More Burn More > Which brand of whole grain flour would you recommend?

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## Which brand of whole grain flour would you recommend?

Kerri -- ETR Customer Support - 2020-02-20 - in Chef Gui Eat More Burn More

In my opinion, the best for whole-grain products, including flour is "Bob's Red Mill". <http://www.bobsredmill.com>