



BREW GOOD.

We love beer, but making it is inefficient. ReGrained recovers beer grain from local craft breweries...after they have already taken what they need to brew. Our craft brewery partners use only the highest quality grains to make our favorite beers, but only the sugars from these grains are needed to make beer. We take care of the rest.

BAKE GOOD.

Beer grain is flavorful and nutritious (read: high in protein and fiber, low in gluten). We find it to be an ideal baking ingredient, and create recipes that pair the grain perfectly with other simple, organic ingredients. We delight our customers with healthy and sustainable food products that taste great and feel even better to purchase. Hence our signature tagline: EAT BEER.

DO GOOD.

Beer grain is an ecological and sustainable source of nutrition. By introducing the grain into our food system as an ingredient, our brewery partners reduce the amount that ends up in waste streams while conserving time and money. We seek direct relationships with local farmers and purveyors for our other ingredients, and use our growth to invest in theirs. Our whole model, from our products to our partners down to our packaging, strives for sustainability.

We believe we should all be able to have our beer...and it eat it too.

LETTER FROM THE FOUNDERS

ReGrained recovers beer grain in partnerships with urban craft breweries to create delicious, nutritious, and sustainable baked goods.

About 10% of the ingredients used to brew beer end up in your glass. That's not to say all brewers are wasteful. The reality is that it takes a lot of barley to produce beer. In the United States alone, [approximately 200 million barrels of beer are consumed each year, requiring more than 6 billion pounds of grain to produce.](#)

Traditionally, breweries establish relationships with farmers who find use spent grain to enrich their soil and feed their animals. We embrace these relationships, they simply are less practical in an urban beer production environment. The exciting surge of craft beer growth has changed the ecosystem. Cities, with their dense populations of beer drinkers offer an attractive market for craft beer entrepreneurs. By the end of 2015, [some experts believe that a new craft brewery will open every 12 hours.](#) The fuel, tolls, and time costs required for a farmer to complete a supply run into city though mean that urban breweries face less demand for their grain. We exist to fill this niche.

At ReGrained, we propose that beer grain be recovered from waste streams and used to improve local food systems. Beer grain has food qualities that set it apart from other biowaste like coffee grounds and table scraps. It is high in protein and fiber, low-glycemic, and as most curious homebrewers inevitably discover, has a great flavor. In simpler terms, beer grain is an ideal baking ingredient.

Our vision is to build recipes around spent grain through a wide variety of baked products. From bars to breads, cookies, cereals, chips, and more—we will develop delicious products that maximize the offerings of spent grain.

By bringing the grains full circle to the consumer, our goods are inherently sustainable, but this isn't enough. Our whole model, from our products to our partners to our practices, strives for sustainability wherever possible. We seek to positively impact the local economy and community in which we live and run our business.

As consumers, we get to decide what matters most through what we choose to buy. Our mantra is simple: "**Brew Good. Bake Good. Do Good.**" We invite you to join us in refusing to settle for anything less.

Cheers to having your beer...and eating it too,

Jordan and Dan
CoFounders

STYLE GUIDE:



Honey Almond IPA:

The original “Eat Beer.” style, The Honey Almond IPA bar is baked using pale spent grain sourced from a local brewery. Our IPA bar pairs this grain with honey, almonds, oats, and cinnamon to create a snack as refreshing as its namesake.

Ingredients: Organic Honey, Almonds, Organic Oats, Spent Grain, Egg White, Water, Organic Flour (All-Purpose), Canola Oil/EVOO Blend 75/25%, Organic Ground Flax, Cinnamon, Baking Soda, Salt

<p>Nutrition Facts SERVINGS: 1 BAR (53g) CALORIES 190 FAT CAL. 80, SAT. FAT CAL. 5, TOTAL FAT 8g (12% DV), SAT. FAT 0.5g (2% DV), TRANS FAT 0g, CHOLEST. 0mg (0% DV), SODIUM 85mg (3% DV), TOTAL CARB. 27g (9% DV), FIBER 4g (16% DV), SUGARS 16g, PROTEIN 5g, VITAMIN A (0% DV), VITAMIN C (0% DV), CALCIUM (4% DV), IRON (6% DV). PERCENT DAILY VALUES (DV) ARE BASED ON A 2,000 CALORIE DIET.</p>
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Chocolate Coffee Stout:

The Chocolate Coffee Stout Bar is baked using dark spent grain sourced from a local brewery. Our Stout bar pairs this grain with semi-sweet chocolate and coffee to create a snack as invigorating as its namesake.

Ingredients: Organic Honey, Almonds, Organic Oats, Chocolate [Semi-Sweet Chocolate (Sugar, Chocolate Liquor, Cocoa Butter), Soy Lecithin, and Real Vanilla], Spent Grain, Egg White, Water, Organic Flour (All-Purpose), Canola Oil/EVOO Blend 75/25%, Coffee Beans, Organic Ground Flax, Cinnamon, Baking Soda, Salt

<p>Nutrition Facts SERVINGS: 1 BAR (58g), CALORIES 240 FAT CAL. 100, SAT. FAT CAL. 20 TOTAL FAT 11g (16% DV), SAT. FAT 2.0g (10% DV), TRANS FAT 0g, CHOLEST. 0mg (0% DV), SODIUM 115mg (4% DV), TOTAL CARB. 33g (11% DV), FIBER 5g (20% DV), SUGARS 20g, PROTEIN 6g, VITAMIN A (0% DV), VITAMIN C (0% DV), CALCIUM (4% DV), IRON (10% DV). PERCENT DAILY VALUES (DV) ARE BASED ON A 2,000 CALORIE DIET.</p>

MORE ON “SPENT” GRAIN:

While often referred to as “spent” grain, beer grain is far from spent. The grain simply has already served its purpose to the brewer. This grain accounts for around 85% of the total by-products from brewing. As we’ve explained in our brief overview of the process ([insert link](#)), Beer is made from four ingredients: water, grain, hops, and yeast. Water is used to extract sugars from the grain (mostly malted barley), this liquid is then by hops, and fermented by the yeast.

Only the sugar liquid extracted from the grain is needed to produce beer. The rest physical grain itself is no longer needed--and thus before ReGrained was deemed to be “spent.” We exist to change this.

Farm to Foam: Resource Conservation and Sustainability

Many resources are spent on getting the grain from farm to foam in the first place. First, the barley must be grown, harvested, cleaned, and transported to a malter. At the malter, the grain is, steeped in water, germinated, then dried or kilned. The malted grain is then distributed to a brewer (more transportation), and is milled before being brewed. On average, producing a [12 oz bottle of beer requires nearly 28 gallons of water](#). This agricultural supply chain (read mostly barley) accounts for approximately [90% of the water footprint of beer](#).

At ReGrained, our vision is to help the urban ecosystem **do more with less** by finding ways to “spend” beer grain beyond the brewery with equal parts taste, nutrition, and sustainable practice. Grains are a staple of the human diet, and premium quality beer grain from craft brewers has the potential to bolster our food system.

Beer Grain Nutrition:

Beer grain as an ingredient offers a sustainable and ecological source of both **protein** and **dietary fiber**. [One cup of spent grain on average contains 6 grams of dietary fiber and 3.5 grams of protein](#). Because the sugars have been taken by the brewer, beer grain is also low-glycemic.

At ReGrained, we see value in maximizing the use of brewers' spent grain and have developed recipes that highlight this unique ingredient. We support good beer, good food, and doing good through promoting sustainable production and consumption of both.