

100% EMPLOYEE-OWNED

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EMPLOYEE-OWNED



13.8%

GLUTEN-FORMING
PROTEIN CONTENT*

100% WHOLE GRAIN WHOLE WHEAT FLOUR

WHEAT TYPE	100% U.S. Hard Red Wheat Grown on American Farms
PROTEIN CONTENT	13.8% – For adding whole grains to baked goods
IDEAL FOR COOKIES, BREAD, BROWNIES, PANCAKES & MORE	



NET WT 5 LBS (2.27kg)



We are 100% employee-owned and operated by a group of over 300 passionate bakers.



We're a Certified B Corp — one of 3,200 companies that are committed to using the power of business as a force for social and environmental good. We leverage profit to create a positive impact for people, community, and the environment.



WE'RE HERE TO HELP

Call or chat online with our friendly, experienced bakers.

855-371-BAKE (2253)

KingArthurBaking.com/bakers-hotline

* **Why gluten-forming protein matters in flour:** The amount of gluten-forming protein in flour determines the final structure of your baked goods. Higher protein flour creates more gluten, for a chewier structure, while lower protein flour creates less, for a delicate, finer crumb.



PLEASE RECYCLE



100% WHOLE GRAIN WHOLE WHEAT FLOUR

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Nutrition Facts

about 76 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 110
% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	6%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.1mg	6%
Potassium 110mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: 100% Hard Red Whole Wheat Flour.

DISTRIBUTED BY
KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
KingArthurBaking.com | 800-827-6836

SAFE HANDLING INSTRUCTIONS: Raw flour is not ready-to-eat and must be thoroughly cooked or baked before eating to prevent illness from bacteria in the flour. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling. After opening, keep cool and dry in a sealed container. Freeze for prolonged storage.

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RAISE YOUR FLOUR IQ



BAKING WITH WHOLE WHEAT

Eating well should taste good. Whole wheat imparts deep, robust flavor along with the nutrition and fiber of whole grains. Win-win.

QUALITY & CONSISTENCY

Delicious results, every time! We test bake (yum!) our flour to ensure it meets our strict standards—the strictest in the industry.

NEVER BLEACHED, NEVER BROMATED®

Our flours contain no bleach, no bromate, and no artificial preservatives of any kind.

100% AMERICAN GROWN

We support American farmers who produce the best, highest-quality wheat. All of our wheat flour is grown and milled in the United States.

FOR CONSISTENT RESULTS

We recommend weighing ingredients.
1 cup of Whole Wheat Flour = 113g

KINGARTHURBAKING.COM
100% SATISFACTION GUARANTEED
100% COMMITTED TO QUALITY



OUR QUALITY PROMISE

Flour this good doesn't happen by accident. With expertise and experience from field to bag, we craft our flour with care and a commitment to help you bake your best.

100% WHOLE WHEAT BANANA BREAD

3 1/2 cups (454g) sliced bananas (4 to 5 medium)
8 tablespoons (113g) butter
1/2 cup (106g) brown sugar, firmly packed
1 teaspoon vanilla extract
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (85g) honey
2 large eggs
2 cups (226g) King Arthur Whole Wheat Flour
1/2 cup (57g) chopped walnuts, optional

- Preheat your oven to 350°F. Lightly grease a 9" x 5" loaf pan.
- Mash the bananas with a potato masher or fork; or purée them in a blender or food processor.
- In a large bowl, beat together the butter and sugar until smooth. Add the vanilla, baking soda, salt, and bananas, beating until well combined. Beat in the honey and eggs.
- Add the flour, then the walnuts (if you're using them), stirring until smooth.
- Spoon the batter into the prepared pan, smoothing the top. Let it rest at room temperature for 10 minutes.
- Bake the bread for 50 minutes, then tent with aluminum foil to prevent over-browning. Bake for an additional 10 to 15 minutes. A long toothpick or cake tester inserted into the center should come out clean.
- Allow the loaf to cool for 10 minutes before removing it from the pan. Set it on a rack to cool completely. Store at room temperature, wrapped in plastic, for several days.

Yield: 1 loaf.

SAY NO TO RAW DOUGH: Flour is a raw ingredient. Bake fully before enjoying.