

**100%
EMPLOYEE-OWNED**



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12.2%
GLUTEN-FORMING
PROTEIN CONTENT*

BETTER FLOUR RIGHT FROM THE START

We work directly with the Farmer Direct co-op, so we can trace this flour from seed to bag. Together, we partner to promote sustainable farming practices.



SUSTAINABLE FARMING

Our farmers use low or no-till and dry-land farming practices to reduce their environmental impact.



TRACEABILITY

Our white whole wheat flour is grown using certified seeds, allowing us to trace and track every step of the supply chain.



FARMER OWNED CO-OP

Working directly with a farmer-owned co-op improves profits of farmers, helping support them so they can continue to farm land their families have settled.

STONE-GROUND
**WHITE WHOLE WHEAT
FLOUR**

WHEAT TYPE	100% U.S. Hard White Wheat Grown on American Farms
PROTEIN CONTENT	12.2% — For whole grain baking with a lighter, milder taste
IDEAL FOR COOKIES, BREAD, BROWNIES, PANCAKES & MORE	



NET WT 5 LBS (2.27kg)



STONE-GROUND
**WHITE WHOLE WHEAT
FLOUR**

100% EMPLOYEE-OWNED

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	11%
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 White Whole Wheat Flour.

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



We're one of over 3,200 companies that are committed to using the power of business as a force for social and environmental good.

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**



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.

BAKING WITH WHITE WHOLE WHEAT

Think differently about whole grains. Milled from hard white spring wheat — a lighter-colored grain than traditional red wheat — our White Whole Wheat Flour yields baked goods that are light in color, mild-flavored, and as wholesome as ever.

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



WHOLE WHEAT WAFFLES

- 1 ½ cups (170g) King Arthur White Whole Wheat Flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons (25g) sugar
- 1 large egg
- 1 ½ cups (340g) lukewarm milk
- 5 tablespoons (71g) melted butter or ½ cup (67g) vegetable oil

1. Preheat your waffle iron while you make the waffle batter.
2. Whisk together the flour, baking powder, salt, and sugar.
3. In a separate bowl, whisk together the egg, milk, and butter or oil.
4. Mix together the wet and dry ingredients, stirring just to combine. The batter will be a bit lumpy; that's OK.
5. Cook the waffles according to the manufacturer's instructions for your iron.
6. Store any leftovers in the refrigerator, well wrapped, for several days; freeze for longer storage.

Yield: 3 round Belgian-style 7" waffles.

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



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