

100%
EMPLOYEE-OWNED



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

Certified B Corporation
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.

USDA ORGANIC
ORGANIC FLOUR
Our organic flour is grown without the use of synthetic pesticides or fertilizers. Instead, crops are maintained with sustainable farming practices. Our attention to sustainability and baking consistency is what makes us America's #1 organic wheat flour brand†.

BAKER'S HOTLINE
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.

† Based on Nielsen latest 52 week unit sales



AMERICA'S
#1
ORGANIC
FLOUR BRAND†

100% EMPLOYEE-OWNED

12.2%
GLUTEN-FORMING
PROTEIN CONTENT*

STONE-GROUND
WHITE WHOLE WHEAT
FLOUR

ORGANIC

WHEAT TYPE	100% Organic 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

ORGANIC

Nutrition Facts

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

Amount per serving	
Calories	100
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.4mg	8%
Potassium 130mg	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: **Certified 100% Organic** Hard White Whole Wheat Flour.

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

CERTIFIED ORGANIC BY QUALITY
ASSURANCE INTERNATIONAL.

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 100% organic hard white spring wheat — a lighter-colored grain than traditional red wheat — our White Whole Wheat Flour yields light in color, mild in flavor baked goods that are 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 White Whole Wheat Flour = 113g

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



WHOLE GRAIN BANANA BREAD
2 cups (454g) thoroughly mashed banana, about 4 or 5 medium
½ cup (99g) vegetable oil
1 cup (213g) brown sugar, firmly packed
2 large eggs
1 teaspoon vanilla extract
1 cup (120g) King Arthur Organic All-Purpose Flour
1 cup (113g) King Arthur Organic White Whole Wheat Flour
1 teaspoon baking soda
½ teaspoon baking powder
¾ teaspoon salt
1 teaspoon ground cinnamon
½ cup (57g) chopped walnuts, optional

- Preheat the oven to 350°F. Lightly grease a 9" x 5" loaf pan.
- In a large bowl, stir together the mashed banana, oil, sugar, eggs, and vanilla.
- Mix the flours, baking soda, baking powder, salt, cinnamon, and chopped walnuts (if you're using them) into the banana mixture. Scrape the bottom and sides of the bowl and mix again to thoroughly combine all the ingredients
- Scoop the batter into the prepared pan. Sprinkle with 1 tablespoon sugar mixed with ½ teaspoon ground cinnamon, if desired.
- Bake the bread for about 60 to 75 minutes, tenting with foil after 50 minutes. The finished bread will feel set on the top, and a paring knife (or other thin knife) inserted into the center will come out clean.
- Remove the bread from the oven. Cool it in the pan for 15 minutes, then turn it out of the pan onto a rack to cool completely.

Yield: 1 loaf.

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