



Malted Wheat FLAKES

Whole-wheat berries are allowed to begin sprouting, which sweetens their flavor. Then they're dried, flattened, and gently softened, making them ready to use in your favorite yeast bread recipes. Use as you would rolled oats.

U NET WT 32 OZ (2 LBS) 907g



King Arthur Baking Company, Inc. | Norwich, Vermont
KingArthurBaking.com | 800-827-6836

Malted Wheat Bread

- 2 teaspoons instant yeast
- 1 cup (227g) water
- 2 tablespoons (25g) vegetable oil
- 2 tablespoons (27g) brown sugar, packed
- 1 3/4 cups (198g) King Arthur Premium 100% Whole Wheat Flour
- 1 cup (120g) King Arthur Unbleached All-Purpose Flour
- 1/4 cup (35g) malted milk powder
- 1/2 cup (64g) King Arthur Malted Wheat Flakes
- 1 1/2 teaspoons salt

Mix and knead ingredients — by hand, mixer, or bread machine set on dough cycle — until dough is smooth and supple, 6 to 8 minutes.

Place in lightly greased bowl. Cover and let rise 1 hour, until puffy though not necessarily doubled in bulk.

Transfer dough to lightly oiled work surface and shape into 8" log. Place in lightly greased 8 1/2" x 4 1/2" loaf pan and let rise 1 hour, until crowned 1" above rim of pan.

Bake in preheated 350°F oven for 40 minutes, tenting lightly with foil after 20 minutes. A digital thermometer inserted into center should register 190°F to 200°F.

Turn out of pan onto rack, and cool before slicing.

Yield: 1 loaf.

Nutrition Facts

22 servings per container
Serving size 1/3 cup (40g)

Amount per serving
Calories **150**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 200mg **15%**

Iron 12mg **70%**

Potassium 1300mg **30%**

*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:
MALTED WHEAT FLAKES.

CONTAINS: WHEAT.

King Arthur Baking Company, Inc.
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Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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