

100% EMPLOYEE OWNED



# Malted Wheat FLAKES



Adds extra malty flavor and pleasing rustic look.



NET WT 32 OZ (2 LBS) 907g



# Malted Wheat Flakes

This bread makes delicious sandwiches with its nubby texture and unique malty flavor and is an excellent accompaniment to your favorite cheese.

## Malted Wheat Bread

MAKES 1 LOAF

- 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) Malted Wheat Flakes
- 1 1/2 teaspoons salt

### DIRECTIONS

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, covered, 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.

**BEST IF USED BY:**

## 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.

KING ARTHUR BAKING COMPANY, INC.  
NORWICH, VERMONT 05055  
800-827-6836 | [KingArthurBaking.com](http://KingArthurBaking.com)

For information on allergens and cross-contact prevention, visit:  
[KingArthurBaking.com/allergen-program](http://KingArthurBaking.com/allergen-program)

Store cool and dry.

**DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.**



**WE'RE HERE TO HELP.**

Call or chat online with our friendly, experienced bakers.

**BAKER'S HOTLINE** 855-371-BAKE (2253)  
[KingArthurBaking.com/bakers-hotline](http://KingArthurBaking.com/bakers-hotline)

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