

HEARTY

Whole Grain

FLOUR BLEND

GIVES RUSTIC BREADS A RICH NUTTY FLAVOR



200732F02C



NET WT 32 OZ (2 LBS) 907g



210571

9-Grain Bread

- 3 1/2 cups (432g) King Arthur Whole Grain Flour Blend
- 1 1/4 teaspoons salt
- 2 tablespoons (25g) brown sugar
or 2 tablespoons (43g) molasses
- 2 teaspoons instant yeast
- 2 tablespoons (28g) butter
or 2 tablespoons (25g) vegetable oil
- 1 cup + 2 tablespoons (255g) lukewarm water

Mix and then knead ingredients — by hand, mixer, or bread machine set on the dough cycle — to make smooth, satiny dough. Adjust consistency with additional flour or water as needed.

Cover and let rise 1 hour, until somewhat puffy though not necessarily doubled in bulk.

Shape into 9" log and place in lightly greased 9" x 5" loaf pan.

Cover and let rise 1 hour, until crowned 1" over rim of pan.

Bake in preheated 350°F oven 35 to 45 minutes, until golden brown and internal temperature registers 190°F on digital thermometer. Tent lightly with foil after 20 minutes if browning too quickly.

Turn out of pan and cool completely.

Roll instructions:

Divide dough into 16 pieces. Roll into smooth balls and place into two lightly greased 9" round pans. Let rise for 1 hour, until very puffy. Bake in preheated 400°F oven 15 to 18 minutes, or until golden brown.

Yield: 1 loaf or 16 rolls.

Nutrition Facts

28 servings per container

Serving size 1/4 cup (32g)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
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	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 90mg	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: KING ARTHUR HI-GLUTEN FLOUR (HARD SPRING WHEAT, MALTED BARLEY FLOUR), KING ARTHUR WHITE WHOLE WHEAT FLOUR, BARLEY FLOUR, RYE FLOUR, SORGHUM FLOUR, OAT FLOUR, MILLET FLOUR, AMARANTH FLOUR, TEFF FLOUR, QUINOA FLOUR.

CONTAINS: WHEAT.

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

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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