



ENGLISH MUFFIN MIX



OUR SIGNATURE RECIPES

ENGLISH MUFFIN MIX

Warm, homemade English muffins with signature craggy insides and a hearty, comforting flavor.

MADE WITH WHOLE GRAINS

White Whole Wheat



NET WT 20.25 OZ (1 LB 4.25 OZ) 574g

BEST IF BAKED BY:



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OUR SIGNATURE RECIPE FOR

WHITE WHOLE WHEAT ENGLISH MUFFINS

Delicious homemade bread is easier than ever. This wholesome spin on classic English muffins is made with white whole wheat for a soft texture and hearty taste.



YOU'LL NEED

1 3/4 cups warm water

1 large egg

3 tablespoons melted butter
semolina flour, optional

THIS BOX CONTAINS MUFFIN MIX AND YEAST PACKET.

- 1 • COMBINE** mix, yeast, water, egg, and butter. Beat until dough is glossy, about 6-8 minutes.
- 2 • COVER** bowl, and let dough rise at warm room temperature until doubled in size, about 90 minutes.
- 3 • GREASE** metal muffin rings. If you don't have muffin rings, use any heat proof 1"-deep metal rings, about 3" to 3 1/2" diameter.
- 4 • PREHEAT** griddle or heavy skillet over medium-low heat (250°F). Place rings on griddle, and sprinkle a little semolina into each; this will give muffins their traditional crust. Scoop 1/3 cup of dough into each ring. Spread dough to edges of ring and sprinkle with more semolina.
- 5 • COOK** for 10-12 minutes, until edges look set and bottom is golden brown. Lift off rings, flip muffins, and cook second side for 8-10 minutes, until deep golden brown.
- 6 • COOL** muffins on a rack, and store at room temperature, well wrapped.

BAKES 12 ENGLISH MUFFINS

BAKER'S TIP:

If you're having difficulty spreading the dough in the muffin rings, moisten fingers with water as needed to keep the dough from sticking to your hands.

COMPLIMENTS OF

The King Arthur Flour Kitchen



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WHITE WHOLE WHEAT ENGLISH MUFFIN MIX

Baking is about making something special, and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our mixes so good.

We're bakers, too! Our 100% employee-owned company has been an expert resource for bakers everywhere for over 225 years. We're all about making your kitchens better and happier with top-quality baking essentials.

BAKER'S HOTLINE. WE'RE HERE TO HELP.

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855.371.BAKE (2253)

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100% COMMITTED TO QUALITY.



We're committed to using the power of business as a force for social and environmental good.

Nutrition Facts

Serving Size about 1/3 cup mix (48g)
Servings Per Container 12

Amount Per Serving	Mix Prepared	
Calories	160	200
Calories from Fat	5	35
	% Daily Value**	
Total Fat 0.5g*	1%	6%
Saturated Fat 0g	0%	10%
Trans Fat 0g		
Cholesterol 0mg	0%	8%
Sodium 400mg	17%	17%
Total Carbohydrate 35g	12%	12%
Dietary Fiber 3g	12%	12%
Sugars 4g		
Protein 6g		
Vitamin A	0%	2%
Vitamin C	4%	4%
Calcium	6%	6%
Iron	10%	10%
Thiamin	20%	20%
Riboflavin	8%	8%
Niacin	10%	10%
Folic Acid	10%	10%
*Amount in Mix. Prepared contributes an additional 40 Calories (30 Calories from Fat), 3.5 g Total Fat (2 g Saturated Fat), 25 mg Cholesterol, 10 mg Sodium, 1 g Protein.		
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: MUFFIN MIX: King Arthur White Whole Wheat Flour, King Arthur Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Nonfat Milk, Whole Wheat Sour, Cane Sugar, Baking Powder (sodium acid pyrophosphate, baking soda, cornstarch, monocalcium phosphate), Sea Salt. YEAST: Yeast, Sorbitan Monostearate, Ascorbic Acid. CONTAINS: Milk, Wheat.

THE KING ARTHUR FLOUR COMPANY, INC.
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DO NOT EAT RAW MIX, DOUGH, OR BATTER.

Produced on equipment that also processes eggs, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

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