

SPECIALTY GRAINS

FRESH-LOCK SOFT SEAL ZIPPER

100% EMPLOYEE-OWNED



WHOLE GRAIN

# Super 10 BLEND

A CUSTOM 100% WHOLE GRAIN BLEND OF 10 SEEDS & GRAINS



NET WT 32 OZ (2 LBS) 907g



Ideal for breads. Perfect for pancakes, quick breads & cookies.

FRESH-LOCK SOFT SEAL ZIPPER

## Super 10 Blend

100% whole grain flour and seed blend (spelt, millet, rye flakes, barley flakes, quinoa flakes, chia seed, amaranth, teff, buckwheat, and sorghum). A delicious and easy way to add whole grains to your baked goods without compromising texture. We especially love adding to sandwich breads, dinner rolls, and waffles.

### How To Bake With It

- Try using Super 10 Blend for up to half the flour in your pancakes, rolls, sandwich breads, and sourdough loaves. Doughs and batters may need a few extra tablespoons of liquid to perform at their best.
- Visit [KingArthurBaking.com](http://KingArthurBaking.com) to make our Multigrain Sunflower or Whole Grain Banana breads (use for half the flour in these recipes) for a flavor and texture boost.

OUR RECIPE FOR

## Multigrain Sandwich Bread

3 1/2 cups (371g) King Arthur Super 10 Blend  
1 cup (120g) King Arthur Unbleached All-Purpose Flour  
1 1/4 teaspoons salt  
2 teaspoons instant yeast  
1 1/4 to 1 1/3 cups (283g to 301g) lukewarm water  
2 tablespoons (43g) molasses, honey, or sugar (25g)  
2 tablespoons (25g) vegetable oil

- Mix and knead ingredients — by hand, mixer, or bread machine set on dough cycle — until smooth and elastic. Place in lightly greased bowl and let rise 45 to 60 minutes, until quite puffy though not necessarily doubled in bulk.
- Gently deflate and shape into 9" log. Place in lightly greased 9" x 5" loaf pan. Cover and let rise 45 to 75 minutes, until crowned 1" to 1 1/2" over rim of pan.
- Bake in preheated 350°F oven for 33 to 38 minutes, until golden brown on top and digital thermometer inserted into center registers 195°F to 200°F.
- Turn bread out of pan onto rack to cool completely.

Yield: 1 loaf.

## Nutrition Facts

33 servings per container	
<b>Serving size</b>	<b>1/4 cup (27g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 1.2mg	<b>6%</b>
Potassium 110mg	<b>2%</b>

\*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:** Spelt Flour, Hulled Millet, Rye Flakes, Barley Flakes, Quinoa, Chia Seeds, Amaranth Flour, Teff Flour, Buckwheat Flour, Sorghum Flour.

**CONTAINS:** Wheat.

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

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

**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)



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



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BEST IF USED BY: