

SPECIALTY FLOUR



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



EAT 48g OR MORE OF WHOLE GRAINS DAILY

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

## Super 10 Blend

This 100% whole grain flour and seed blend is made up of spelt, millet, rye flakes, barley flakes, quinoa, chia seeds, amaranth, teff, buckwheat, and sorghum. It's a delicious and easy way to add whole grains to your baked goods without compromising texture. We especially love adding it 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 try Super 10 Blend in our Multigrain Sunflower Bread or Organic Whole Grain Banana Bread.

### OUR RECIPE FOR

## Multigrain Sandwich Bread

- 3 ½ cups (371g) King Arthur Super 10 Blend
- 1 cup (120g) King Arthur Unbleached All-Purpose Flour
- 1 ¼ teaspoons salt
- 2 teaspoons instant yeast
- 1 ¼-1 ½ cups (283g-301g) water, lukewarm
- 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 45-60 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 45-75 minutes, until crowned 1"-1 ½" over rim of pan.
- Bake in preheated 350°F oven for 33-38 minutes, until golden brown on top and digital thermometer inserted into center registers 195°F-200°F.
- Turn bread out of pan onto rack to cool completely.

Yield: 1 loaf

## Nutrition Facts

33 servings per container	
Serving size	1/4 cup (27g)
Amount per serving	
<b>Calories</b>	<b>90</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 110mg	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:** Spelt Flour, Hulled Millet, Rye Flakes, Barley Flakes, Quinoa, Chia Seeds, Amaranth Flour, Teff Flour, Buckwheat Flour, Sorghum Flour.

**CONTAINS:** Wheat.

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

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



### WE'RE HERE TO HELP.

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