



# MULTIGRAIN BREAD MIX

> 100% EMPLOYEE OWNED



## MULTIGRAIN BREAD MIX



WITH  
ANCIENT  
GRAINS

WHOLESAOME  
HEARTY  
TEXTURE

NET WT 18.25 OZ (1 LB 2.25 OZ) 517g



SERVING  
SUGGESTION



### MULTIGRAIN BREAD MIX

## Nutrition Facts

12 servings per container  
Serving size 1/3 cup mix (43g)

	Mix		Prepared	
Calories	150		180	
	% Daily Value*		% Daily Value*	
Total Fat	1g	1%	3.5g	4%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	280mg	12%	280mg	12%
Total Carbohydrate	30g	11%	33g	12%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	1g		4g	
Incl. Added Sugars	0g	0%	3g	6%
Protein	7g		7g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	2%	20mg	2%
Iron	1.3mg	8%	1.3mg	8%
Potassium	120mg	2%	120mg	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:** BREAD MIX: KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), SPELT FLOUR, HULLED MILLET, RYE FLAKES, BARLEY FLAKES, VITAL WHEAT GLUTEN, SEA SALT, QUINOA FLAKES, CHIA SEEDS, AMARANTH FLOUR, TEFF FLOUR, BUCKWHEAT FLOUR, SORGHUM FLOUR. YEAST: YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID.

**CONTAINS:** WHEAT.

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

For information on allergens and cross-contact prevention, visit:  
KingArthurBaking.com/Allergen-Program

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

## MULTIGRAIN BREAD

BAKES 1 LOAF, 16 DINNER ROLLS, OR 12 SANDWICH ROLLS

This box contains bread mix and yeast packet.

### YOU'LL NEED

- 2 TABLESPOONS VEGETABLE OIL
- 2 TABLESPOONS HONEY OR BROWN SUGAR
- 1½ CUPS WARM WATER
- 1 YEAST PACKET, INCLUDED

### DIRECTIONS

- COMBINE** mix, oil, honey or brown sugar, water, and yeast. Mix and knead by hand or mixer for 5 to 10 minutes, adding more water if needed, 1 teaspoon at a time. Dough should be tacky to the touch, smooth and elastic, and spring back when touched lightly with a floured finger. Dough may also be made in a bread machine set on the dough cycle.
- PLACE** in a lightly greased bowl, turning to coat on all sides. Let rise, covered, for 1 to 2 hours, until puffy. Shape into a loaf and place in lightly greased 9" x 5" loaf pan. Cover and let rise 30 to 90 minutes, depending on warmth of kitchen, until crowned about 1" over rim of pan.
- BAKE** in preheated 350°F oven for 35 to 40 minutes, until golden brown. Cool completely on a rack.

### DINNER ROLLS:

Divide dough into 16 pieces and roll into balls. Place in lightly greased 9" x 13" pan or two 9" round pans. Cover and let rise until nearly doubled, about 40 minutes. Bake in preheated 350°F oven for 18 to 20 minutes, until golden brown.

For guidelines on baking at high altitudes, visit: [BakeWith.Us/Altitude](http://BakeWith.Us/Altitude)

### SANDWICH ROLLS:

Divide dough into 12 pieces and roll into balls. Place on greased sheet pan, flattening lightly. Cover and let rise until nearly doubled, about 40 minutes. Bake in preheated 350°F oven for 18 to 20 minutes, until golden brown.



### BAKING WITH JOY SINCE 1790

Better baking begins with better ingredients and a true commitment to quality. It's a belief rooted in tradition, shaped by generations of bakers, and carried forward with care. We're honored to be part of your kitchen, and every moment that rises from it.



FOLLOW US!

@KingArthurBaking  
KingArthurBaking.com



BAKER'S  
HOTLINE

#### WE'RE HERE TO HELP.

Call or chat online with our friendly bakers.

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. Learn more at [BCorp.com](http://BCorp.com)



Sourced non-GMO. Learn more at [KingArthurBaking.com/GMO](http://KingArthurBaking.com/GMO)

### MULTIGRAIN BREAD MIX

BEST IF BAKED BY:



[how2recycle.info](http://how2recycle.info)



400684

100% recycled fiber with a minimum of 35% post-consumer content.