



# Six-Grain BLEND

Six grains are better than one! A blend of barley flakes, rolled oats, rye chops, malted wheat, rye flakes, millet, and quinoa flakes. Adds complex, nutty flavor and whole grain nutrition to any recipe calling for rolled oats or flaked grains. Perfect for baking or as a hot breakfast cereal.

Ⓢ NET WT 20 OZ (1 LB 4 OZ) 567g



King Arthur Baking Company, Inc. | Norwich, Vermont  
KingArthurBaking.com | 800-827-6836

# Six-Grain Bread

- 2 cups (241g) King Arthur Unbleached All-Purpose Flour  
1 cup (113g) King Arthur 100% White Whole Wheat Flour  
1 cup (128g) King Arthur Six-Grain Blend  
1 1/2 teaspoons salt  
2 tablespoons (25g) sugar  
2 teaspoons instant yeast  
1/3 cup (37g) nonfat dry milk  
1 1/4 cups (283g) lukewarm water  
3 tablespoons (43g) butter or  
3 tablespoons (35g) vegetable oil

Combine ingredients in large bowl or bucket of bread machine. Mix and knead — by hand, mixer, or bread machine set on dough cycle — until dough is smooth and supple, adding additional liquid or all-purpose flour as needed.

Place in lightly greased bowl. Cover and let rise 1 hour.

Turn dough out onto lightly oiled work surface and shape into 9" log. Place in lightly greased 9" x 5" pan. Cover and let rise 40 to 60 minutes, until crowned 1" over rim of pan.

Bake in preheated 350°F oven 30 to 40 minutes, until golden brown and internal temperature registers 190°F on digital thermometer.

Remove bread from oven, and cool completely on rack.

**Yield:** 1 loaf.

## Nutrition Facts

14 servings per container  
**Serving size 1/3 cup dry (40g)**

**Amount per serving**

**Calories 150**

**% Daily Value\***

<b>Total Fat</b> 2g	<b>3%</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> 28g	<b>10%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 1.6mg	<b>8%</b>
Potassium 160mg	<b>4%</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:** WHOLE GRAIN BARLEY FLAKES, WHOLE OATS, WHOLE RYE CHOPS, MALTED WHEAT FLAKES, RYE FLAKES, MILLET, QUINOA FLAKES.

**CONTAINS:** WHEAT.

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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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