

SPECIALTY GRAINS

100% EMPLOYEE OWNED



WHOLE GRAIN

# Harvest Grains

BLEND

ADD FLAVOR, TEXTURE & FIBER WITH 8 SEEDS & GRAINS



Ⓢ NET WT 48 OZ (3 LBS) 1.36 kg



Ideal for breads, perfect for crackers, muffins, and pancakes.

## Harvest Grains Blend

With four grains (whole oat berries, millet, rye flakes, and wheat flakes) and four seeds (flax, poppy, sesame, and sunflower), our blend is versatile and easy to use: Just add to your recipe to lend crunch, chew, and a slightly nutty flavor.

### How To Bake With It

- Add up to ½ cup of Harvest Grains Blend to your favorite bread recipes to add crunch, flavor, and texture to any loaf; increase the liquid in the recipe by 1-2 tablespoons if the dough seems dry.
- Visit [KingArthurBaking.com](http://KingArthurBaking.com) to try it for extra zing and crunch in the Oatmeal Honey or Rustic Sourdough Bread recipes.

OUR RECIPE FOR

## Harvest Grains Bread

2 ½ cups (298g) King Arthur Unbleached Bread Flour  
½ cup (57g) King Arthur White Whole Wheat Flour  
½ cup (74g) King Arthur Harvest Grains Blend  
1 ½ teaspoons salt  
2 ½ tablespoons (28g) sugar  
2 teaspoons instant yeast  
¼ cup (21g) nonfat dry milk  
1 ¼ cups (283g) water, lukewarm  
3 tablespoons (43g) butter or vegetable oil (35g)

- Mix and knead ingredients — by hand, mixer, or bread machine set on the dough cycle — to make a smooth, elastic dough. Cover and let rise 1 hour (or allow the bread machine to complete its cycle). Dough will become somewhat puffy, but won't double in bulk.
- Shape into loaf, and place in lightly greased 8 ½" x 4 ½" bread pan. Cover and let rise 1-1 ½ hours, until crowned about 1" over rim of pan.
- Bake in preheated 350°F oven for 35 minutes, or until center registers 190°F on a digital thermometer. Cool completely on rack.

Yield: one 8 ½" loaf.

## Nutrition Facts

45 servings per container	
<b>Serving size</b>	<b>3 tbsps (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0.1mcg	0%
Calcium 40mg	4%
Iron 1.4mg	8%
Potassium 150mg	4%

\*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 Oat Groats, Rye Flakes, Wheat Flakes, Sunflower Seeds, Sesame Seeds, Flaxseed, Poppy Seeds, Hulled Millet.

**CONTAINS:** Sesame, Wheat.

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

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.

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)

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