

SPECIALTY GRAINS



100% EMPLOYEE OWNED



WHOLE GRAIN
Six-Grain
BLEND

FLAVORFUL BLEND OF COMPLEX WHOLE GRAINS



NET WT 32 OZ (2 LBS) 907g



Ideal for bread, terrific in scones, muffins, and pancakes.

Six-Grain Blend

Our flavorful mix combines barley flakes, rolled oats, rye chops, malted wheat flakes, rye flakes, millet, and quinoa flakes: more convenient and economical than mixing them all yourself!

How To Bake With It

- For extra texture and lots of flavor, add up to ½ cup to bread recipes, or use it as the base for homemade granola. Try it simmered in water or milk for a hot cereal.
- Visit KingArthurBaking.com to try it in Honey Whole Wheat Beer Bread, Six-Grain Baguettes, or Maple Millet Scones for plenty of whole grains and great taste.

OUR RECIPE FOR Six-Grain Bread

- 2 cups (240g) King Arthur Unbleached All-Purpose Flour
- 1 cup (113g) King Arthur White Whole Wheat Flour
- 1 cup (128g) Six-Grain Blend
- 1 ½ teaspoons salt
- 2 tablespoons (25g) sugar
- 2 teaspoons instant yeast
- ¼ cup (28g) nonfat dry milk
- 1 ¼ 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, or until puffy but not necessarily doubled in bulk.
- 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 a digital thermometer.
- Cool completely on rack.

Yield: 1 loaf



Nutrition Facts

about 22 servings per container
Serving size 1/3 cup (40g)

Amount per serving
Calories 150
% Daily Value*

Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	28g	10%
Dietary Fiber	7g	25%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	13mg	2%
Iron	2mg	10%
Potassium	161mg	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 Grain Barley Flakes, Whole Oats, Whole Rye Chops, Malted Wheat Flakes, Whole Rye Flakes, Millet, Quinoa Flakes.

CONTAINS: Wheat.

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DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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

Store cool and dry.



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