

100% EMPLOYEE OWNED



Six-Grain

BLEND



Convenient blend of complex whole grains.

Ⓢ NET WT 32 OZ (2 LBS) 907g



Six-Grain Blend

Adds a pleasant nutty flavor, nubby texture and boosts protein and fiber to any recipe calling for rolled oats or flaked grains. Perfect for bread or as a hot breakfast cereal.

Six-Grain Bread MAKES 1 LOAF

- 2 cups (241g) King Arthur Unbleached All-Purpose Flour
- 1 cup (113g) King Arthur 100% White Whole Wheat Flour
- 1 cup (120g) 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

DIRECTIONS

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 digital thermometer. Cool completely on rack.

BEST IF USED BY:

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, Rye Flakes, Millet, Quinoa Flakes.

CONTAINS: Wheat.

KING ARTHUR BAKING COMPANY, INC.
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For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/allergen-program

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

Call or chat online with our friendly, experienced bakers.
855-371-BAKE (2253)
KingArthurBaking.com/bakers-hotline

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