

SPECIALTY FLOUR

100% EMPLOYEE OWNED



GLUTEN-FREE & WHOLE GRAIN

Oat FLOUR

40% MORE PROTEIN THAN TRADITIONAL OAT FLOUR*



NET WT 40 OZ (2 LBS 8 OZ) 1.13 kg



Great for muffins, pancakes, and cookies.

Oat Flour

Our Oat Flour is finely milled from oats that contain more protein than traditional oats and because our oats have no tough outer layer, they're processed with less energy, resulting in 48% fewer carbon emissions.

How to bake with it:

- Replace up to half of the flour in most non-yeasted recipes (both wheat-based and gluten-free) using Oat Flour for tenderness and added oat flavor, protein, and fiber. Add about 1 tablespoon of extra liquid if the dough or batter seems too dry.
- Visit KingArthurBaking.com for more recipes using our Oat Flour, like Chewy Granola Bars, Oatmeal Sandwich Bread, or Animal Crackers.

OUR RECIPE FOR

Blueberry Oat Breakfast Muffins

1½ cups (138g) King Arthur Oat Flour
1 cup (120g) King Arthur Gluten-Free Measure for Measure or King Arthur Unbleached All-Purpose Flour
¾ cup (149g) granulated sugar
¾ teaspoon salt
2 teaspoons baking powder
½ teaspoon cinnamon
¾ cup (170g) milk, whole preferred; cold
3 large eggs, at room temperature
½ cup (67g) vegetable oil
1 teaspoon King Arthur Pure Vanilla Extract
¾ cup (105g) blueberries, fresh or frozen

Topping (optional)

2 tablespoons (14g) King Arthur Rolled Oats
1 tablespoon (12g) granulated sugar
¼ teaspoon cinnamon

- Preheat oven to 350°F. Grease a standard muffin pan or line with baking cups. Set aside.
- Whisk together flours, sugar, salt, baking powder, and cinnamon.
- In a separate bowl, whisk together milk, eggs, oil, and vanilla. Stir into dry ingredients until combined.
- Fold in blueberries until just combined.
- Scoop ¼ cup (about 67g) batter into each muffin cup, until nearly full.
- Stir together topping ingredients, then sprinkle evenly over batter.
- Bake for 23 to 25 minutes, or until lightly golden and a toothpick comes out clean.
- Remove from oven, and cool 5 minutes before tipping out onto a rack to cool.

Yield: 12 muffins

Nutrition Facts

40 servings per container

Serving size 1/3 cup (28g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g 5%

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 2mg 10%

Potassium 105mg 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:

Whole Grain Oat Flour.

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

Certified Gluten-Free by GFCO | GFCO.org

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

*Protein per 28g serving. Traditional oat flour is 3.5 grams versus King Arthur Oat Flour, which is 5 grams.



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Call or chat online with our friendly, experienced bakers.

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KingArthurBaking.com/Bakers-Hotline

Certified



Corporation

We're committed to using the power of business as a force for social and environmental good.

Learn more at BCorp.com