

SPECIALTY FLOUR

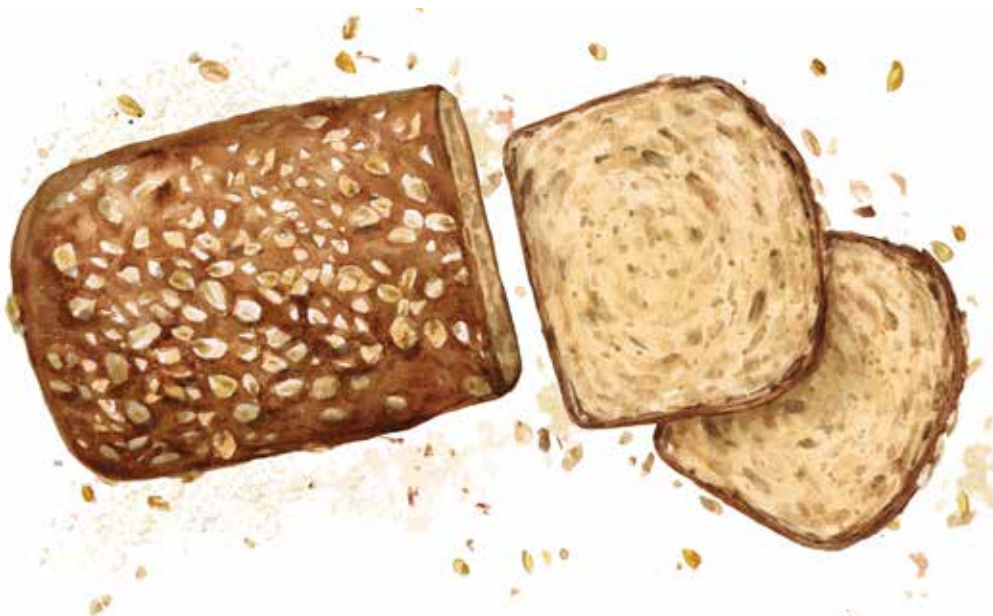


100% EMPLOYEE OWNED



HEARTY  
**Whole Grain**  
FLOUR BLEND

GIVES RUSTIC BREADS A RICH NUTTY FLAVOR



NET WT 32 OZ (2 LBS) 907g



Ideal for sandwich and artisan breads, crackers, and flatbreads.

# Whole Grain Flour Blend

A ready blend of whole grains and high-gluten flour that is a great addition to your favorite bread, pancake, or muffin recipes.

## How To Bake With It

- This blend of nutritious whole grain flours has a richer, more complex, nuttier taste than whole wheat alone. Use anywhere you'd reach for whole wheat, particularly in breads and savory recipes.
- Visit [KingArthurBaking.com](http://KingArthurBaking.com) for more recipes using our Whole Grain Flour Blend like Multigrain Rolls.

## OUR RECIPE FOR 9-Grain Bread

3½ cups (432g) King Arthur  
Whole Grain Flour Blend

1¼ teaspoons salt

2 tablespoons (25g) brown sugar  
or 2 tablespoons (43g) molasses

2 teaspoons instant yeast

2 tablespoons (28g) butter or 2  
tablespoons (25g) vegetable oil

1 cup plus 2 tablespoons (255g)  
water, lukewarm

- Mix and then knead ingredients – by hand, mixer, or bread machine set on the dough cycle – to make smooth, satiny dough. Adjust consistency with additional flour or water as needed.
- Cover and let rise 1 hour, until somewhat puffy though not necessarily doubled in bulk.
- Shape into 9" log and place in lightly greased 9" x 5" loaf pan.
- Cover and let rise 1 hour, until crowned 1" over rim of pan.
- Bake in preheated 350°F oven 35 to 45 minutes, until golden brown and internal temperature registers 190°F on digital thermometer. Tent lightly with foil after 20 minutes if browning too quickly.
- Turn out of pan and cool completely.
- Roll instructions: Divide dough into 16 pieces. Roll into smooth balls and place into two lightly greased 9" round pans. Let rise 1 hour, until very puffy.
- Bake in preheated 400°F oven 15 to 18 minutes, or until golden brown.

Yield: 1 loaf or 16 rolls

## Nutrition Facts

about 28 servings per container	
<b>Serving size</b>	<b>1/4 cup (32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</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> 22g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 90mg	<b>2%</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:** King Arthur Hi-Gluten Flour (hard spring wheat, malted barley flour), King Arthur White Whole Wheat Flour, Barley Flour, Rye Flour, Sorghum Flour, Oat Flour, Millet Flour, Amaranth Flour, Teff Flour, Quinoa Flour.

**CONTAINS:** Wheat.

**DISTRIBUTED BY**  
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NORWICH, VERMONT 05055  
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Product of Canada.

For information on allergens and cross-contact prevention, visit: [KingArthurBaking.com/Allergen-Program](http://KingArthurBaking.com/Allergen-Program)

Store cool and dry.

**DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.**



**WE'RE HERE TO HELP.**

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**BAKER'S  
HOTLINE**

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Certified



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



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