

SPECIALTY FLOUR



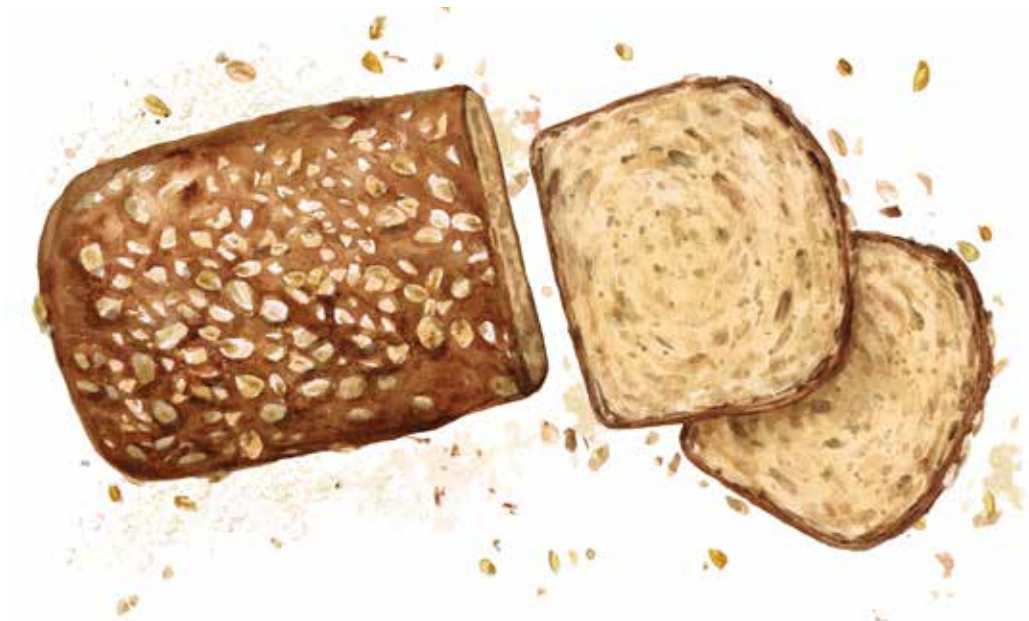
100% EMPLOYEE OWNED



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 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	
Serving size	1/4 cup (32g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 90mg	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: 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.

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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.



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



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