

GROWING WHEAT SUSTAINABLY

At King Arthur, we are creating a more sustainable future by focusing on Grains for Good: our commitment to source 100% of our flour from regeneratively-grown wheat by 2030. Regenerative practices seek to restore and renew natural resources through a range of tactics that focus on supporting healthy soil, ecosystems, and farming communities.

Regenerative agriculture is a holistic approach to farming and land management using techniques to create healthy, resilient, and productive ecosystems. Our farmers growing Golden Whole Wheat Flour use sustainable practices that:

- PROMOTE SOIL HEALTH**
Focused on using low- or no-till farming and crop rotations to build soil biodiversity and resilience.
- CONSERVE WATER**
Focused on dry-land farming techniques that don't deplete water supplies.
- TRACEABLE FROM FIELD**
Grown using select seeds, allowing us to trace and track every step of the supply chain.

* Why gluten-forming protein matters in flour: The amount of gluten-forming protein in flour determines the final structure of your baked goods. Higher protein flour creates more gluten, for a chewier structure, while lower protein flour creates less, for a delicate, finer crumb.



100% EMPLOYEE OWNED



100%
WHOLE GRAIN

SUSTAINABLY-GROWN GOLDEN WHEAT WHOLE WHEAT FLOUR

PROTEIN CONTENT 12.2%* - Ideal for cookies, pancakes, bread, and more

FOR WHOLE GRAIN BAKING WITH A LIGHTER, MILDER TASTE



NET WT 5 LBS (2.27kg)



SUSTAINABLY-GROWN
**GOLDEN WHEAT
WHOLE WHEAT FLOUR**

100% EMPLOYEE OWNED

Nutrition Facts

about 81 servings per container
Serving size 1/4 cup (28g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	12%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 120mg	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: 100% Hard White Whole Wheat Flour.

DISTRIBUTED BY
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SAFE HANDLING INSTRUCTIONS: Raw flour is not ready-to-eat and must be thoroughly cooked or baked before eating to prevent illness from bacteria in the flour. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling. After opening, keep cool and dry in a sealed container. Freeze for prolonged storage.

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RAISE YOUR FLOUR IQ



OUR QUALITY PROMISE

Flour this good doesn't happen by accident. With expertise and experience from field to bag, we craft our flour with care and a commitment to help you bake your best.

BAKING WITH GOLDEN WHOLE WHEAT FLOUR

Light in color and mild-flavored, our sustainably-grown Golden Whole Wheat Flour is the perfect choice for bakers who want to add whole grains to their baking without the distinctive color or taste of traditional whole wheat.

USE IN YOUR FAVORITE RECIPES

In recipes calling for Whole Wheat Flour: Substitute 1:1. Baked goods will have a lighter appearance and milder taste.

In recipes calling for All-Purpose Flour: Swap up to 50% of the All-Purpose Flour for Golden Whole Wheat Flour. Most baked goods will maintain their flavor and pleasing texture.

BAKING WITH WHOLE GRAINS

To find more ways to add whole grains into your baking, scan the QR code for our favorite recipes or visit: [BakeWith.Us/WholeGrains](https://www.bakewith.us/wholegrains)

FOR CONSISTENT RESULTS

We recommend weighing ingredients.
1 cup of Golden Whole Wheat Flour = 113g

SAY NO TO RAW DOUGH:
Flour is a raw ingredient.
Bake fully before enjoying.



KINGARTHURBAKING.COM
100% SATISFACTION GUARANTEED
100% COMMITTED TO QUALITY



WHOLE GRAIN WAFFLES

1½ cups (170g) King Arthur Golden Whole Wheat Flour
2 teaspoons baking powder
½ teaspoon salt
2 tablespoons (25g) sugar
1 large egg
1½ cups (340g) milk, lukewarm
5 tablespoons (71g) butter, melted
or ½ cup (67g) vegetable oil

- Preheat a waffle iron while you make the waffle batter.
- Whisk together the flour, baking powder, salt, and sugar.
- In a separate bowl, whisk together the egg, milk, and butter or oil.
- Mix together the wet and dry ingredients, stirring just to combine. The batter will be a bit lumpy; that's OK.
- Cook the waffles according to the manufacturer's instructions for the iron.
- Store any leftovers in the refrigerator, well wrapped, for several days; freeze for longer storage.

Yield: three 7" round Belgian-style waffles