

100%
EMPLOYEE OWNED



We are 100% employee owned and operated by a group of over 300 passionate bakers.



We're a Certified B Corp — one of over 8,000 companies that are committed to using the power of business as a force for social and environmental good. We leverage profit to create a positive impact for people, community, and the environment. Learn more at [BCorp.com](https://www.bcorporation.net)



ORGANIC FLOUR
Our organic flour is grown without the use of synthetic pesticides or fertilizers. Instead, crops are maintained with sustainable farming practices. Our attention to sustainability and baking consistency is what makes us America's #1 organic wheat flour brand†.



WE'RE HERE TO HELP
Call or chat online with our friendly, experienced bakers.
855-371-BAKE (2253)
[KingArthurBaking.com/Bakers-Hotline](https://www.KingArthurBaking.com/Bakers-Hotline)

† Based on Circana latest 52 week unit sales



> 100% EMPLOYEE OWNED

AMERICA'S
#1
ORGANIC
FLOUR BRAND†



100% WHOLE GRAIN
WHOLE WHEAT FLOUR
ORGANIC

100% ORGANIC HARD RED WHEAT GROWN ON AMERICAN FARMS

IDEAL FOR COOKIES, BREAD, BROWNIES, PANCAKES & MORE



NET WT 5 LBS (2.27kg)



100% WHOLE GRAIN
WHOLE WHEAT FLOUR
100% EMPLOYEE OWNED

ORGANIC



Nutrition Facts

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

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 100mg	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:

Certified 100% Organic Hard Red Whole Wheat Flour.

DISTRIBUTED BY
KING ARTHUR BAKING COMPANY, INC.,
NORWICH, VERMONT 05055
[KingArthurBaking.com](https://www.KingArthurBaking.com) | 800-827-6836



CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL

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.

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 WHOLE WHEAT

Eating well should taste good. Whole wheat imparts deep, robust flavor along with the nutrition and fiber of whole grains. Win-win.

QUALITY & CONSISTENCY

Delicious results, every time! We test bake (yum!) our flour to ensure it meets our strict standards — the strictest in the industry.

NEVER BLEACHED, NEVER BROMATED®

Our flours contain no bleach, no bromate, and no artificial preservatives of any kind.

100% AMERICAN GROWN

We support American farmers who produce the best, highest-quality wheat. All of our wheat flour is grown and milled in the United States.

FOR CONSISTENT RESULTS

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

SAY NO TO RAW DOUGH

Do not eat raw dough. Flour is a raw ingredient. Bake fully before enjoying.



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

WHOLE WHEAT BLUEBERRY MUFFINS

2 ½ cups (283g) King Arthur Organic Whole Wheat Flour
1 cup (213g) brown sugar, packed
¼ teaspoon salt
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon cinnamon, optional
1 cup (128g) blueberries, fresh or frozen
1 teaspoon vanilla extract
½ cup (67g) vegetable oil
1 ½ cups (340g) buttermilk or plain yogurt
cinnamon sugar, for topping, optional

- Preheat oven to 400°F.
- Whisk together flour, brown sugar, salt, baking powder, baking soda, and cinnamon. Stir in blueberries last.
- In a separate bowl, whisk together vanilla, oil, and buttermilk or yogurt.
- Pour liquid ingredients into dry ingredients, stirring to combine.
- Spoon batter into greased muffin pan (lined with greased papers, if desired) filling cups almost full.
- Sprinkle tops of muffins with cinnamon sugar, if desired.
- Bake muffins 18-20 minutes, until toothpick inserted into one of the center muffins comes out clean.
- Remove muffins from oven, and cool 5 minutes in pan. Serve warm or transfer to rack to finish cooling.

Yield: 12 muffins



Learn more about organic farming and get recipe ideas: [BakeWithUs.organic](https://www.BakeWithUs.organic)