

100%
EMPLOYEE-OWNED



100% EMPLOYEE-OWNED



RAISE YOUR FLOUR IQ

13.0%
PROTEIN CONTENT*

BETTER FLOUR RIGHT FROM THE START

We're proud that our stone ground, white whole wheat flour is made from identity-preserved wheat: grown from certified seeds, using sustainable farming practices, and traceable from field to flour. It's wheat you can feel good about.



TRACEABILITY

Know where and how the wheat was grown to make your flour.



CERTIFIED SEED

Pure wheat varieties selected through field and baking tests.



MONITORED FARMING PRACTICES

Comprehensive field-data documentation.

NO COMPROMISES



PLEASE RECYCLE

STONE-GROUND WHITE WHOLE WHEAT FLOUR

WHEAT TYPE	100% U.S. Hard White Wheat Grown on American Farms
PROTEIN CONTENT	13% — Substitute for all-purpose flour to add whole grain*
IDEAL FOR COOKIES, BREAD, BROWNIES, PANCAKES & MORE	



NET WT 5 LBS (2.27kg)



Nutrition Facts

about 76 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

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 1.1mg 6%

Potassium 110mg 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
THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
KingArthurFlour.com | 800 827 6836

Never bleached, never bromated.®

"King Arthur", the King Arthur Flour logo and "Never bleached, never bromated" are registered trademarks of The King Arthur Flour Company, Inc.

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.

05555_92_6_2_0618

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.

*PROTEIN: THE POWER IN YOUR FLOUR

Protein is the ultimate attribute of quality in wheat flour. Choosing the right protein content for your recipe makes your bread rise higher, your cakes moist, and your pizza crust chewier. Protein content in other flour brands can vary by 2% or more from one bag to the next.

PROTEIN CONTENT
13.0%

HARD WHITE WHEAT selected
for Milder Flavor
100% WHOLE GRAIN

TIGHTEST SPECIFICATIONS IN THE INDUSTRY
FOR GREAT RESULTS EVERY TIME YOU BAKE

WE SAY NO TO BLEACH

Most flour companies add benzoyl peroxide, chlorine dioxide, or azodicarbonamide to chemically whiten or artificially strengthen their flours. We want your baked goods to taste delicious and be something you feel good about feeding your family and friends. King Arthur Flour contains no bleach, no bromate, and no artificial preservatives of any kind. What you get in place of these chemical bleaching agents is superior grain and our 225+ year commitment to purity. Not a bad trade off, if you ask us.



To learn more, including when to select which flour, visit: KingArthurFlour.com/FlourIQ

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



WHOLE-GRAIN BANANA BREAD

Ingredients:

2 cups thoroughly mashed banana; about 4 or medium bananas
1/2 cup vegetable oil
1 cup brown sugar
2 large eggs
1 teaspoon vanilla extract
1 cup King Arthur Unbleached All-Purpose Flour
1 cup King Arthur White Whole Wheat Flour
1 teaspoon baking soda
1/2 teaspoon baking powder
3/4 teaspoon salt
1 teaspoon ground cinnamon, optional
1/2 cup chopped walnuts, toasted if desired; optional

Directions:

- Preheat the oven to 350°F. Lightly grease a 9" x 5" loaf pan.
- In a large bowl, stir together the mashed banana, oil, sugar, eggs, and vanilla.
- Mix the flours, baking soda, baking powder, salt, cinnamon, and chopped walnuts into the banana mixture. Scrape the bottom and sides of the bowl and mix again to thoroughly combine the ingredients.
- Scoop the batter into the prepared pan. Top with 1 tablespoon sugar mixed with 1/2 teaspoon ground cinnamon, if desired.
- Bake the bread for about 60 to 75 minutes, tenting with foil after 50 minutes. The finished bread will feel set on the top, and a paring knife (or other thin knife) inserted into the center will come out clean.
- Remove the bread from the oven. Cool it in the pan for 15 minutes, then turn it out of the pan onto a rack to cool completely.

Yield: 1 loaf.

Find more tried-and-truly-good recipes using our White Whole Wheat Flour at: KingArthurFlour.com/recipes

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



STONE-GROUND
**WHITE WHOLE WHEAT
FLOUR**



100% EMPLOYEE-OWNED