



— Norwich, Vermont —

POMPANOOSUC PORRIDGE

This satisfying blend of steel-cut oats, white whole wheat bulgur, and flax makes an easy, tasty, and nutritious whole grain breakfast and also a wonderful ingredient when baked into a loaf of bread.



NET WT 32 OZ (2 LBS) 907g

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Nutrition Facts

about 23 servings per container

Serving size 1/4 cup dry (40g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **21%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 1mg **6%**

Potassium 183mg **4%**

*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: Organic Steel Cut Oats, White Wheat Bulgur, Milled Flax, Flax Seed.

CONTAINS: Wheat.

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

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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OUR RECIPE FOR POMPANOOSUC PORRIDGE

PORRIDGE

Bring 2 cups water to a boil. Add a pinch of salt. Stir in 1 cup porridge. Turn heat down, cover, and simmer for 5 minutes. Remove from heat and let cool before eating. Add your favorite topping.

BREAD

2 tablespoons sugar
2 teaspoons instant yeast
1 1/4 cups lukewarm water
1 cup cooked Pompanoosuc Porridge
2 cups King Arthur Unbleached White Whole Wheat Flour
2 cups King Arthur Unbleached Bread Flour
2 1/2 teaspoons salt
2 tablespoons butter

Mix together all ingredients until it's a soft smooth dough. Turn onto floured work surface and knead for 3 to 4 minutes. Let rest for 5 to 10 minutes, then knead for 3 to 4 minutes more. Place in oiled bowl, cover and let rise until doubled in bulk, 1 1/2 to 2 hours. (Or, prepare dough in a bread machine set on the Dough or Manual cycle.)

Shape into round or oval loaf and place on greased baking sheet. Cover and let rise for 1 hour, or until slightly less than doubled.

Slash top and bake in preheated 350°F oven for 40 to 45 minutes, or until interior temperature is 190°F.

Remove from pan and cool on rack.

Yield: 1 loaf.