



— Norwich, Vermont —

HARVEST GRAINS BLEND

We've picked these four grains (whole oat berries, millet, rye flakes, and wheat flakes) and four seeds (flax, poppy, sesame, and sunflower) for their range of textures and taste. The blend is versatile and easy to use: Add it to your favorite bread, roll, or cracker recipe for seedy, crunchy texture.



NET WT 32 OZ (2 LBS) 907g

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Nutrition Facts

30 servings per container
Serving size 3 tbsps (30g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0.1mcg **0%**

Calcium 40mg **4%**

Iron 1.4mg **8%**

Potassium 150mg **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: Whole Oat Groats, Rye Flakes, Wheat Flakes, Sunflower Seeds, Sesame Seeds, Flaxseed, Poppy Seeds, Hulled Millet.

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, pecans, hazelnuts, walnuts, and coconut.

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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OUR RECIPE FOR HARVEST GRAINS BREAD

2 1/2 cups King Arthur Unbleached All-Purpose Flour

1/4 cup King Arthur Unbleached White Whole Wheat Flour

1/4 cup yellow cornmeal

2/3 cup Harvest Grains Blend

2 teaspoons instant yeast

3 tablespoons sugar

1 1/2 teaspoons salt

1/2 cup milk

1/2 to 3/4 cup water

2 tablespoons vegetable oil

Combine ingredients using smaller amount of water in a large bowl or bucket of a bread machine. Mix and knead by hand, electric mixer or bread machine until dough is smooth and supple, adding additional liquid or flour as needed. Place dough in a lightly greased bowl, cover and let rise 1 hour. (In bread machine, allow machine to complete Dough cycle.)

Turn dough onto lightly oiled work surface. Shape into a loaf. Place in a lightly greased 8 1/2" x 4 1/2" pan. Cover and let loaf rise 1 1/4 hours, or until it's crowned about 1" over the rim of the pan.

Bake in a preheated 350°F oven 40 to 45 minutes, (tenting it with aluminum foil for the final 10 minutes if it appears to be browning too quickly); or until its internal temperature registers 190°F on an instant-read thermometer. Remove from pan, and allow to cool.

Yield: 1 loaf.