



MULTIGRAIN BREAD MIX

OUR SIGNATURE RECIPE FOR MULTIGRAIN BREAD

YOU'LL NEED

- 2 tablespoons vegetable oil
- 2 tablespoons honey or brown sugar
- 1 1/2 cups warm water
- 1 yeast packet, included



THIS BOX CONTAINS BREAD MIX AND YEAST PACKET.

- 1 • COMBINE** mix, oil, honey or brown sugar, water, and yeast. Mix and knead — by hand, mixer, or bread machine set on the dough cycle — for 5 to 10 minutes, adding more water if needed, 1 teaspoon at a time. Dough should be tacky to the touch, smooth and elastic, and springs back when touched lightly with a floured finger.
- 2 • PLACE** in a lightly greased bowl, turning to coat on all sides. Let rise, covered, for 1 to 2 hours, until puffy.
- 3 • SHAPE** into a loaf and place in a lightly greased 9" x 5" loaf pan. Cover and let rise 30 to 90 minutes, depending on warmth of kitchen, until crowned about 1" over rim of pan.
- 4 • BAKE** in a preheated 350°F oven for 35 to 40 minutes, until golden brown.
- 5 • COOL** completely on a rack.

BAKES 1 LOAF



BREAD MACHINE METHOD

Place ingredients into bucket. Program for basic or white bread, 1 1/2-lb. loaf, light crust. Press start. After 10 minutes of kneading, add additional water or flour as necessary to produce a smooth, soft dough. Allow machine to complete its cycle. Makes one 1 1/2-lb. to 2-lb. loaf.

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Baking is about making something special, and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our mixes so good.

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OUR SIGNATURE RECIPES

BREAD MIX

Discover the nutty, delicious flavor of spelt, millet, rye, barley, quinoa, amaranth, teff, buckwheat, sorghum, and chia.

MADE WITH ANCIENT GRAINS

Multigrain



NET WT 18.25 OZ (1 LB 2.25 OZ) 517g

MULTIGRAIN BREAD MIX

Nutrition Facts

12 servings per container
Serving size 1/3 cup mix (43g)

	Mix	Prepared
Calories	150	180
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	3.5g 4%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	280mg 12%	280mg 12%
Total Carbohydrate	30g 11%	33g 12%
Dietary Fiber	3g 11%	3g 11%
Total Sugars	1g	4g
Incl. Added Sugars	0g 0%	3g 6%
Protein	7g	7g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	20mg 2%	20mg 2%
Iron	1.3mg 8%	1.3mg 8%
Potassium	120mg 2%	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: King Arthur Unbleached Flour (wheat flour, malted barley flour), Spelt Flour, Hulled Millet, Rye Flakes, Barley Flakes, Vital Wheat Gluten, Sea Salt, Quinoa Flakes, Chia Seeds, Amaranth Flour, Teff Flour, Buckwheat Flour, Sorghum Flour. **YEAST:** Yeast, Sorbitan Monostearate, Ascorbic Acid.

CONTAINS: Wheat.

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DO NOT EAT RAW MIX, DOUGH, OR BATTER.

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

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