

HEARTY

# Whole Grain

## FLOUR BLEND

GIVES RUSTIC BREADS A RICH NUTTY FLAVOR



200732F02C



NET WT 32 OZ (2 LBS) 907g



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# 9-Grain Bread

3 1/2 cups (432g) King Arthur Whole Grain Flour Blend

1 1/4 teaspoons salt

2 tablespoons (25g) brown sugar  
or 2 tablespoons (43g) molasses

2 teaspoons instant yeast

2 tablespoons (28g) butter  
or 2 tablespoons (25g) vegetable oil

1 cup + 2 tablespoons (255g) lukewarm water

Mix and then knead ingredients — by hand, mixer, or bread machine set on the dough cycle — to make smooth, satiny dough. Adjust consistency with additional flour or water as needed.

Cover and let rise 1 hour, until somewhat puffy though not necessarily doubled in bulk.

Shape into 9" log and place in lightly greased 9" x 5" loaf pan.

Cover and let rise 1 hour, until crowned 1" over rim of pan.

Bake in preheated 350°F oven 35 to 45 minutes, until golden brown and internal temperature registers 190°F on digital thermometer. Tent lightly with foil after 20 minutes if browning too quickly.

Turn out of pan and cool completely.

## Roll instructions:

Divide dough into 16 pieces. Roll into smooth balls and place into two lightly greased 9" round pans. Let rise for 1 hour, until very puffy. Bake in preheated 400°F oven 15 to 18 minutes, or until golden brown.

**Yield:** 1 loaf or 16 rolls.

## Nutrition Facts

28 servings per container

**Serving size** 1/4 cup (32g)

**Amount per serving**

**Calories** **120**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

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 1mg **6%**

Potassium 90mg **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 HI-GLUTEN FLOUR (HARD SPRING WHEAT, MALTED BARLEY FLOUR), KING ARTHUR WHITE WHOLE WHEAT FLOUR, BARLEY FLOUR, RYE FLOUR, SORGHUM FLOUR, OAT FLOUR, MILLET FLOUR, AMARANTH FLOUR, TEFF FLOUR, QUINOA FLOUR.

**CONTAINS:** WHEAT.

KING ARTHUR BAKING COMPANY, INC.  
NORWICH, VERMONT 05055  
800-827-6836 | KingArthurBaking.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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