



*dedicated to the pure joy of baking®*

**TRUST KING ARTHUR® FLOUR FOR CONSISTENT RESULTS**

When you care enough to bake from scratch, you want great results. That's why millions of people choose King Arthur Flour. Flour is the most important ingredient in your baking. Be certain your flour performs perfectly every time – choose King Arthur brand All-Purpose, Bread, Whole Wheat, White Whole Wheat, and Organic flours.

**A DIFFERENT KIND OF COMPANY.**

King Arthur Flour, founded in 1790, is America's oldest flour company – and is wholly owned by us, the employees. The business is based on three pillars: people, planet, and profit. We do what's right for our customers, for ourselves, and for our environment. We're a founding B-Corporation, using the power of business to help solve social and environmental problems. We're motivated by knowing that, every day, people like you count on our flour – on us – to make their baking the best it can be.

*Always unbleached, King Arthur Flour never contains any unnecessary chemicals or additives.*

**BREAD FLOUR** is milled from higher protein wheat, making it exceptional for bread baking. This flour is excellent for yeast breads as well as pizza crusts, rolls, and artisan breads.



bread



pizza



rolls



artisan bread

For many more recipes using this flour, visit [kingarthurfour.com/recipe](http://kingarthurfour.com/recipe)

**WE BACK OUR SUPERIOR FLOUR WITH A HOST OF RESOURCES DEVELOPED FROM OUR MORE THAN TWO CENTURIES OF BAKING EXPERIENCE.**

**KINGARTHURFLOUR.COM** is your best resource for trusted recipes, baking tips, online shopping, community, our blog, baking tutorials, videos, and more.

**THE BAKING HOTLINE** When you need advice, our staff of experienced bakers can answer all your baking questions. Call 802.649.3717 or chat live online at [kingarthurfour.com/recipe](http://kingarthurfour.com/recipe).

**BAKING EDUCATION CENTER** Indulge your passion for baking in Norwich, VT where we offer hands-on instruction. Subscribe to **THE BAKING SHEET**, our award-winning newsletter published 6 times per year.

**oatmeal sandwich bread**

*This tender bread is just slightly sweet, perfect for toast or sandwiches.*

- 3 cups (12 3/4 ounces) King Arthur Unbleached Bread Flour
- 1 cup (3 ounces) old-fashioned oats
- 2 tablespoons (1 ounce) butter
- 1 1/2 teaspoons salt
- 3 tablespoons brown sugar or honey
- 2 teaspoons instant yeast OR 1 packet active dry yeast
- 1 1/4 cups (10 ounces) lukewarm milk
- 3/4 cup (4 ounces) raisins or currants (optional)

In a large mixing bowl, or in the bowl of an electric mixer, combine all of the ingredients, mixing to form a shaggy dough. Knead dough, by hand (10 minutes) or by machine (5 minutes) until it's smooth.

Place the dough in a lightly greased bowl, cover, and allow it to rest for 1 hour; it'll become quite puffy, though it may not double in bulk.

If using a bread machine, place all of the ingredients (except the fruit) into the pan of your machine, program machine for manual or dough, and press Start. About 10 minutes before the end of the second kneading cycle, check dough and adjust its consistency as necessary with additional flour or water; finished dough should be soft and supple. Add the raisins or currants about 3 minutes before the end of the final kneading cycle.

**To shape:** Transfer the dough to a lightly oiled surface, and shape it into a log. Place the log in a lightly greased 9" x 5" loaf pan, cover the pan with lightly greased plastic wrap, and allow the dough to rise for 60 to 90 minutes, until it's crested 1" over the rim of the pan.

Bake the bread in a preheated 350°F oven for 35 to 40 minutes, until an instant-read thermometer inserted into the center registers 190°F. If the bread appears to be browning too quickly, tent it with aluminum foil for the final 10 minutes of baking.

Yield: 1 loaf.

100% EMPLOYEE OWNED.

100% COMMITTED TO QUALITY. 0 71012 04105 3



MILLED FROM 100% U.S.A. WHEAT



UNBLEACHED  
**BREAD  
FLOUR**

*Enriched, presifted premium flour for high-rising yeast breads, rolls, pizza, and more. Perfect for bread machines. Add some to whole-grain breads for an added boost.*

Ⓢ NET WT 5 LBS (2.27kg)

**Nutrition Facts**

Serving Size 1/4 cup (30g)  
Servings Per Container about 76

Amount Per Serving		% Daily Value*	
<b>Calories</b> 110	<b>Calories from Fat</b> 0		
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 22g			<b>7%</b>
Dietary Fiber less than 1g			<b>4%</b>
Sugars less than 1g			
<b>Protein</b> 4g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 8%		
Thiamin 15%	Riboflavin 10%		
Niacin 10%	Folate 15%		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Never bleached. Never Bromated®. No bleach or preservatives ever added. America's finest flour since 1790.

INGREDIENTS: UNBLEACHED HARD SPRING WHEAT FLOUR, MALTED BARLEY FLOUR (A NATURAL YEAST FOOD), NIACIN (A B VITAMIN), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN).

100% SATISFACTION GUARANTEED

MILLED EXCLUSIVELY FOR  
THE KING ARTHUR FLOUR COMPANY, INC.  
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UNBLEACHED  
**BREAD FLOUR**  
FROM 100% U.S.A. WHEAT