



glutenfree

whole grain flour blend

this naturally nutritious blend of six whole grains – sorghum, brown rice, amaranth, quinoa, millet, and teff – with tapioca flour makes it easy to add whole grains to your gluten-free baking.

for added nutrition, we suggest replacing about 25% to 50% of the gluten-free flour called for in your recipe with this blend.

71% whole grain • made with 6 whole grains

bake your best



NET WT 32 OZ (2 LBS) 907g

2484

GLUTEN-FREE WHOLE GRAIN SANDWICH BREAD

note: you must use a stand mixer or electric mixer to prepare the batter; mixing by hand doesn't do a thorough enough job.

3 cups (12 3/4 ounces) King Arthur Gluten-Free Whole Grain Flour
1/4 cup (1 ounce) milled flax
2 tablespoons (7/8 ounce) sugar
2 teaspoons instant yeast
1 1/2 teaspoons baking powder

1 1/4 teaspoons salt
1 1/4 teaspoons xanthan gum
1 cup (8 ounces) warm milk
2 tablespoons (7/8 ounce) vegetable oil or melted butter (1 ounce)
3 large eggs

Place flour, milled flax, sugar, yeast, baking powder, salt, and xanthan gum in bowl. Whisk together well.

Place milk, oil or melted butter, and eggs in the bowl of a mixer, and beat well. Blend in dry ingredients a cup at a time, beating for a minute and scraping the bottom and sides of the bowl after each addition. After all the dry ingredients have been added, beat for 2 to 3 minutes at medium speed to make a very smooth, thick batter.

Cover the bowl, and let batter rise for 1 hour. Scrape down bottom and sides of bowl, deflating the batter in the process. Beat the batter for about 1 minute.

Grease an 8 1/2" x 4 1/2" loaf pan. Scoop the dough into the pan, leaving it domed in the middle; using a spatula or your wet fingers helps. Cover the pan with greased plastic wrap. Set it in a warm place to rise until the loaf barely crowns above the rim of the pan. This should take about 45 to 60 minutes. Toward the end of the rising time, preheat the oven to 350°F.

Bake bread for 38 to 42 minutes, until golden brown. If you're using a pain de mie pan, leave the lid on the entire time. Remove the bread from the oven, turn it out of the pan, and cool on rack.

Yield: one loaf.

Store cool and dry.



Do not eat raw flour, dough or batter. 2484B01C



Nutrition Facts

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

Amount Per Serving

Calories 110 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 6%**

Thiamin 4% • **Riboflavin 2%**

Niacin 4% • **Folic Acid 2%**

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: SORGHUM, BROW RICE (RICE FLOUR, RICE BRAN), AMARANTH, QUINOA, MILLET, TEFF, TAPICOA FLOUR.

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Produced in a dedicated gluten-free manufacturing facility.