



— *organic* —

**HIGH-  
GLUTEN  
FLOUR**

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Give extra chew to your bread and a higher rise to your whole grain loaves with our organic high-gluten flour.

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Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

# BAGEL BUNS

## DOUGH

1 teaspoon instant yeast  
3 tablespoons non-diastatic malt powder  
4 cups Organic High-Gluten Flour  
1 1/2 teaspoons salt  
1 1/2 cups water  
1 cup Asiago, Gruyere or Swiss  
cheese, cut into 1/4" dice or smaller

## GLAZE

3 tablespoons non-diastatic malt powder  
1/4 cup water

## Nutrition Facts

Serving Size about 1/4 cup (30g)

Servings Per Container about 45

### Amount Per Serving

**Calories 110**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 21g**      **7%**

**Dietary Fiber 1g**      **4%**

**Sugars 0g**

**Protein 4g**

**Vitamin A 0%**      • **Vitamin C 0%**

**Calcium 0%**      • **Iron 2%**

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

Combine dough ingredients except cheese, and knead by hand, mixer or bread machine until you've made a soft, smooth dough. Knead cheese in at the end. Allow dough to rise, covered, for 1 1/2 hours.

Turn onto a lightly greased work surface. Divide into 10 equal pieces, and round each piece into a ball. Cover balls lightly, and let rest for 15 minutes.

Shape bagels by poking your index finger through center of each ball, then twirling ball until hole is about 2" in diameter. Place bagels on parchment-lined baking sheet, cover, and allow to rise for 1 hour, or until puffy.

Mix together malt and water, and brush buns with mixture. Let rest, uncovered, for 10 to 15 minutes. Preheat oven to 400°F. Brush buns with malt water again, put in oven, then brush a third time after baking for 10 minutes. Bake buns for 12 to 15 minutes longer, until deep, golden brown. Remove from oven, and cool.

Yield: 10 buns.

Store cool and dry.

INGREDIENTS: ORGANIC HARD RED SPRING WHEAT,  
ORGANIC MALTED BARLEY FLOUR.  
CONTAINS: WHEAT.

KING ARTHUR FLOUR  
NORWICH, VERMONT 05055  
800.827.6836 | kingarthurfLOUR.com

Certified Organic by Vermont Organic Farmers

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



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Do not eat raw mix, dough or batter.

