



# glutenfree

ancient grains flour blend

*use ancient grains flour blend in place of one-quarter of the all-purpose flour called for in a recipe.*

*a blend of fiber-rich millet and sorghum; and iron-rich amaranth and quinoa, this flour packs a powerful nutritional punch.*

bake your best



Certified



NET WT 32 OZ (2 LBS) 907g

3410

# GLUTEN-FREE WHOLE GRAIN BISCUITS

3/4 cup Ancient Grains Flour Blend  
3/4 cup whole grain cornmeal  
1/3 cup potato starch\*  
1/3 cup tapioca starch  
1 teaspoon xanthan gum  
1 tablespoon baking powder

1/2 teaspoon salt  
1/2 cup butter  
1/3 cup buttermilk  
1/4 cup maple syrup  
1 large egg

\*make sure you have potato starch, not potato flour, to make this recipe.

## Nutrition Facts

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

### Amount Per Serving

**Calories 110**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 1.5g**      **2%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

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

**Dietary Fiber 2g**      **8%**

**Sugars 0g**

**Protein 4g**

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

**Calcium 2%**      • **Iron 10%**

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

INGREDIENTS: AMARANTH, MILLET, SORGHUM, QUINOA.

Packaged exclusively for KING ARTHUR FLOUR  
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Preheat oven to 425°F. Lightly grease a baking sheet, or line with parchment paper.

Mix together the dry ingredients. Use a fork, pastry blender, or your fingers to work in the butter, mixing until everything is crumbly with some pea-sized pieces of butter remaining. Whisk together the wet ingredients and stir into the dry ingredients until just combined; the dough will be very wet.

Drop golf-ball sized portions onto the prepared baking sheet about 2" apart. A large cookie scoop or ice cream scoop is helpful for this.

Bake the biscuits for 12 to 14 minutes, until they're light golden brown. Remove them from the oven, and serve warm.

Yield: 12 biscuits.

Store cool and dry.

Produced in a dedicated gluten-free manufacturing facility.



Find more gluten-free recipes at [kingarthurfLOUR.com/recipes](http://kingarthurfLOUR.com/recipes).

Do not eat raw flour, dough or batter. 3410B01A

