

MILLED FROM SELECT 100% AMERICAN WHEAT



100% WHOLE GRAIN  
**WHOLE WHEAT FLOUR**

*A premium whole wheat flour that provides whole-grain nutrition, robust flavor, and hearty texture.*

© NET WT 5 LBS (2.27kg)



**WE BELIEVE**  
baked goods and doing  
good go hand in hand.



**100%  
EMPLOYEE  
OWNED**

At King Arthur Flour, we care as much about our people, our community, and our planet as we do about our flour. Through 1% for the Planet ([onepercentfortheplanet.org](http://onepercentfortheplanet.org)) we donate one percent of sales from this flour to select environmental nonprofits.

We are a 100 percent employee-owned company of passionate bakers, and a founding B Corporation, committed to the highest quality and the greater good.



**Nutrition Facts**

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

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 4g	16%
Sugars 0g	

<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 10%	Riboflavin 2%
Niacin 8%	Folate 4%

\*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

**INGREDIENTS:** 100% HARD RED WHEAT FLOUR.

DISTRIBUTED BY  
THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055  
[KingArthurFlour.com](http://KingArthurFlour.com) | 800.827.6836



Never bleached, never bromated.®  
No preservatives.

"King Arthur Flour," the King Arthur logo and "Never bleached, never bromated" are registered trademarks of The King Arthur Flour Company, Inc.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER. AFTER OPENING, KEEP COOL AND DRY IN A SEALED CONTAINER. FREEZE FOR PROLONGED STORAGE.



WHEAT IS A NON-GMO PRODUCT.  
Learn more at [KingArthurFlour.com/non-gmo](http://KingArthurFlour.com/non-gmo).

Try it once. *Trust it always*

We're America's oldest flour company, made up of passionate bakers committed to spreading the joy of baking. That's why we take such care with our flour. Unbleached and unblemished by chemicals, our flour is the professional's choice and the home baker's trusted partner, prized for its consistent quality.

As essential as good flour is to good results, for us, it's still only the beginning. We offer help of all kinds, to ensure the success of bakers everywhere.

We're here to help.

**BAKER'S HOTLINE**

Call or chat online with our friendly, experienced bakers. 855.371.BAKE (2253)  
[KingArthurFlour.com/contact](http://KingArthurFlour.com/contact)

**FLOURISH OUR BLOG**

Great recipes, helpful tips, kitchen stories. And always, the joy of baking.  
[KingArthurFlour.com/blog](http://KingArthurFlour.com/blog)

**BAKER'S STORE**

Discover our wide array of quality ingredients, kitchen tools, and more. [KingArthurFlour.com](http://KingArthurFlour.com)

Choose the right flour.

All-Purpose, Bread, Whole Wheat, White Whole Wheat, Self-Rising, or Cake flour—for every kind of baking, trust King Arthur quality.



**KINGARTHURFLOUR.COM**  
100% SATISFACTION GUARANTEED  
100% EMPLOYEE OWNED

**PUMPKIN BANANA BREAD**

**Ingredients:**

- 1/2 cup (8 tablespoons) soft butter
- 2/3 cup brown sugar
- 3 tablespoons honey
- 2 large eggs
- 1 cup puréed pumpkin
- 1 cup mashed banana, the riper the better
- 2 tablespoons orange juice or water
- 1 teaspoon vanilla extract
- 1 1/2 cups King Arthur Whole Wheat Flour
- 1/4 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 cup diced pecans, toasted (optional)

**Directions:**

Preheat the oven to 350°F. Lightly grease an 8 1/2" x 4 1/2" loaf pan. Beat together the butter, sugar, honey, eggs, pumpkin, banana, orange juice or water, and vanilla. Add the remaining ingredients, stirring to combine. Spoon the batter into the prepared pan. Allow the bread to rest for 15 minutes, uncovered. Bake the bread for 55 to 70 minutes, or until a cake tester or toothpick inserted in the center of the loaf comes out clean; and that same tester inserted about 1/2" into the top of the loaf doesn't encounter any totally unbaked batter. Remove the bread from the oven, and cool it on a rack.

**Yield: 1 loaf, 16 servings.**

Find more tried-and-truly-good recipes using our premium Whole Wheat Flour at [KingArthurFlour.com/recipes](http://KingArthurFlour.com/recipes).



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