



MALTED WHEAT FLAKES

Malted wheat flakes add flavor and texture to breads and rolls.

These wheat flakes do not need to soak before adding to dough.

Use as you would rolled oats.

Imported from the U.K.

3596

© NET WT 16 OZ (1 LB) 454g

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfLOUR.com | 800.827.6836

GRANARY-STYLE BREAD

2 cups water, boiling
2 tablespoons barley malt extract,
molasses or honey
2 cups malted wheat flakes
2 cups King Arthur Unbleached
White Whole Wheat Flour
2 1/2 teaspoons instant yeast

2 tablespoons soft butter
or vegetable oil
2 teaspoons salt
1/2 teaspoon diastatic malt
powder, optional
3 cups King Arthur Unbleached
All-Purpose Flour

Place sweetener and wheat flakes into a large bowl. Pour the boiling water over the wheat flakes, stir and allow to cool to lukewarm. Stir in the remaining ingredients and mix, and then knead to form slightly stiff dough. After several minutes of kneading, add more flour or water if needed to adjust the consistency of the dough, it should be firm but slightly sticky.

Place the dough in a greased bowl, cover and let rise until doubled in bulk—about 1 1/2 hours. Turn out onto a greased work surface, deflate and fold over several times. Divide in half and shape it to fit two greased 8 1/2" x 4 1/2" loaf pans. Cover them and let rise until about 1" over the top of the pan.

Bake bread in a preheated 350°F oven for 30 to 35 minutes, or until bread tests done.

Yield: 1 loaf.

Store cool
and dry.



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Do not eat raw flour, dough or batter.

Nutrition Facts

Serving Size about 1/3 cup (40g)
Servings Per Container about 11

Amount Per Serving

Calories 140 **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 32g **11%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*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: MALTED WHEAT FLAKES.

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Country of origin: UK.

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

