



— *Norwich, Vermont* —

HARVEST GRAINS BLEND

We've picked these four grains (whole oat berries, millet, rye flakes, and wheat flakes) and four seeds (flax, poppy, sesame, and sunflower) for their range of textures and taste. The blend is versatile and easy to use: Add it to your favorite bread, roll, or cracker recipe for seedy, crunchy texture.



Ⓢ NET WT 32 OZ (2 LBS) 907g

HARVEST GRAINS BREAD

2 1/2 cups King Arthur Unbleached All-Purpose Flour
1/4 cup King Arthur Unbleached White Whole Wheat Flour
1/4 cup yellow cornmeal
2/3 cup Harvest Grains Blend

2 teaspoons instant yeast
3 tablespoons sugar
1 1/2 teaspoons salt
1/2 cup milk
1/2 to 3/4 cup water
2 tablespoons vegetable oil

Nutrition Facts

Serving Size 3 tablespoons (30g)

Servings Per Container about 30

Amount Per Serving

Calories 130 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 4g **16%**

Sugars 0g

Protein 5g

Vitamin A 0% • **Vitamin C 0%**

Calcium 4% • **Iron 8%**

Thiamin 15% • **Riboflavin 4%**

Niacin 6% • **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

Combine ingredients using smaller amount of water in a large bowl or bucket of a bread machine. Mix and knead by hand, electric mixer or bread machine until dough is smooth and supple, adding additional liquid or flour as needed. Place dough in a lightly greased bowl, cover and let rise 1 hour. (In bread machine, allow machine to complete Dough cycle.)

Turn dough onto lightly oiled work surface. Shape into a loaf. Place in a lightly greased 8 1/2" x 4 1/2" pan. Cover and let loaf rise 1 1/4 hours, or until it's crowned about 1" over the rim of the pan.

Bake in a preheated 350°F oven 40 to 45 minutes, (tenting it with aluminum foil for the final 10 minutes if it appears to be browning too quickly); or until its internal temperature registers 190°F on an instant-read thermometer. Remove from pan, and allow to cool.

Yield: 1 loaf.

Store cool and dry.

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

INGREDIENTS: WHOLE OAT GROATS, WHEAT FLAKES, RYE FLAKES, SUNFLOWER SEEDS, SESAME SEEDS, FLAXSEED, POPPY SEEDS, HULLED MILLET. **CONTAINS:** WHEAT.

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Do not eat raw flour, dough or batter.

