



— *Norwich, Vermont* —

BARLEY FLAKES

Sustagrain® barley flakes are a delicious way to add fiber and nutty whole grain flavor to hot cereal, baked goods, or ground as a flour in biscuits or scones.



NET WT 24 OZ (1.5 LBS) 680g

BARLEY BUTTERSCOTCH COOKIES

1 cup unsalted butter
1 1/2 cups brown sugar
2 teaspoons vanilla
1 teaspoon salt
1 teaspoon baking soda
2 large eggs

2 tablespoons milk
1 1/2 cups King Arthur 100%
White Whole Wheat Flour or
King Arthur Unbleached
All-Purpose Flour
1 cup butterscotch chips (or
chocolate chips or any dried
fruits)
1 cup chopped pecans or walnuts,
3 cups barley flakes.

Nutrition Facts

Serving Size about 1/2 cup (45g)
Servings Per Container about 15

Amount Per Serving

Calories 180 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 29g **10%**

Dietary Fiber 14g **56%**

Sugars 2g

Protein 9g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 10%**

Thiamin 20% • **Riboflavin 8%**

Niacin 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:

		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: WHOLE GRAIN BARLEY FLAKES.
CONTAINS: WHEAT.

KING ARTHUR FLOUR | NORWICH, VERMONT 05055
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Preheat oven to 350°F. Grease baking sheet, or line with parchment paper.

Beat together butter, sugar, vanilla, salt, and baking soda. Beat in eggs and milk, scraping bowl and mixing thoroughly. Add barley flakes and flour; stir until combined. Add chips and nuts at the end.

Drop dough by tablespoonfuls onto baking sheet. Flatten gently with your greased hand. Bake for 9 to 11 minutes, until brown around the edges but still soft in the middle. Let cool on the baking sheet before attempting to move them.

Yield: 40 to 45 cookies.

Store cool and dry.

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.

