

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) 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.



MILLED FROM SELECT 100% AMERICAN WHEAT



**100% ORGANIC
WHOLE WHEAT
FLOUR**

For whole-grain nutrition, fiber, and hearty texture.



© NET WT 5 LBS (2.27kg)



Nutrition Facts

Serving Size 1/4 cup (32g)
Servings Per Container about 71

Amount Per Serving		
Calories	110	Calories from Fat 5
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	22g	7%
Dietary Fiber	4g	16%
Sugars	0g	

Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 10%	Riboflavin 2%
Niacin 10%	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: CERTIFIED 100% ORGANIC HARD RED WHEAT.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
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.



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 many kinds of help, so bakers of all kinds can bake with joy.

We're here to help.

BAKER'S HOTLINE

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

FLOURISH OUR BLOG

Great recipes, helpful tips, kitchen stories. And always, the joy of baking.
KingArthurFlour.com/blog

BAKER'S STORE

Discover our wide array of quality ingredients, kitchen tools, and more. 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.



PUMPKIN BANANA BREAD

Ingredients:

- 1/2 cup (8 tablespoons) soft butter
- 3/4 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 Organic 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.

KINGARTHURFLOUR.COM
100% SATISFACTION GUARANTEED
100% EMPLOYEE OWNED

