



— Norwich, Vermont —

ORGANIC STEEL-CUT OATS

Cut from hulled oat grains, steel-cut oats make a wonderful porridge with texture and flavor. Boil them in water or milk or soak and add to baked goods to add fiber and nutrition.



NET WT 32 OZ (2 LBS) 907g

APPLE-OAT BREAD

1/2 cup steel-cut oats
1 3/4 cups boiling water
1/4 cup boiled cider or frozen apple
juice concentrate, divided
1 cup chopped dried apples
1 1/2 teaspoons salt
1 teaspoon cinnamon
2 teaspoons instant yeast

1 3/4 cups King Arthur Premium
Whole Wheat Flour
1 3/4 cups King Arthur Unbleached
All-Purpose Flour
1/4 cup nonfat dry milk
2 tablespoons vital wheat gluten
1 cup chopped, toasted walnuts
or pecans

Nutrition Facts

Serving Size about 1/4 cup (45g)
Servings Per Container about 20

Amount Per Serving

Calories 170 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **10%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 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:

Combine boiling water and steel-cut oats. Cool to lukewarm then add 2 tablespoons boiled cider.

Combine remaining 2 tablespoons boiled cider with apple pieces, cover, and microwave for 1 to 2 minutes. Set aside.

Stir remaining ingredients into the oat mixture then knead to make a soft, slightly sticky dough. Knead in the toasted nuts. Place dough in a greased bowl, cover, and let rise for 2 hours.

Flatten dough into an oval on a lightly greased or floured work surface. Spread with apples, and roll and shape into a round or oval. Place loaf on a lightly greased or parchment-lined baking sheet, cover, and let rise for 1 hour, or until puffy.

Bake in a 375°F oven for 45 to 50 minutes, until deep brown and an instant-read thermometer inserted in center registers 195°F or higher. Remove from oven, and cool completely before slicing.

Yield: 1 large loaf.

Store cool and dry.

INGREDIENTS: ORGANIC STEEL CUT OATS.
CONTAINS: WHEAT.

KING ARTHUR FLOUR
NORWICH, VERMONT 05055
800.827.6836 | kingarthurfloor.com

Certified Organic by Vermont Organic Farmers

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



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Do not eat raw flour, dough or batter.

