



UNBLEACHED ALL-PURPOSE BAKING MIX

New



UNBLEACHED ALL-PURPOSE BAKING MIX

Nutrition Facts

Serving Size 1/3 cup (40g)
Servings Per Container about 25

Amount Per Serving		% Daily Value*
Calories 160	Calories from Fat 35	

Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Potassium 40mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	

Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 10%
Thiamin 15%	Riboflavin 8%
Niacin 8%	Folic Acid 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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: KING ARTHUR UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES), BUTTERMILK POWDER, LEAVENING (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CANE SUGAR, SALT, NATURAL FLAVOR. CONTAINS: MILK, WHEAT.

THE KING ARTHUR FLOUR COMPANY, INC.
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Store cool and dry.

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

Do not eat raw flour, dough or batter.



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UNBLEACHED ALL-PURPOSE BAKING MIX

Best if used by:

UNBLEACHED ALL-PURPOSE BAKING MIX



serving suggestion

NET WT 36 OZ (2 LB 4 OZ) 1.02 kg

UNBLEACHED ALL-PURPOSE BAKING MIX

KING ARTHUR FLOUR

BISCUITS

2/3 cup milk
2 1/4 cups King Arthur Flour All-Purpose Baking Mix



Heat oven to 450°F. Stir together ingredients until they make a soft dough. Turn out onto a work surface heavily sprinkled with baking mix; sprinkle the top of dough with more mix, and then knead 4-6 times.

Pat dough about 3/4" thick, cut with a 2" to 2 1/2" biscuit cutter. Place on ungreased baking sheet. Bake for 8-12 minutes or until golden brown. Yield: 9 2" biscuits.



TO MAKE DROP BISCUITS skip kneading, and use a scoop to drop onto ungreased baking sheets.

FOR EXTRA RICH BISCUITS use half & half or cream instead of milk. Add additional milk if dough seems dry.

FOR CHEESE BISCUITS toss 1 cup diced or shredded cheese with the baking mix before adding the milk. Other tasty options include adding 2 tablespoons snipped chives or diced scallions and a dash of hot sauce or 1/2 teaspoon dry mustard powder.

FOR SHORTCAKE BISCUITS use 1 cup cream instead of the milk, and add 2 tablespoons sugar and 1 teaspoon vanilla.

PANCAKES

1 cup milk
2 eggs
2 cups King Arthur Flour All-Purpose Baking Mix



Place milk and eggs into a medium sized bowl. Whisk together. Whisk in baking mix.

Preheat griddle to medium high, around 375°F. Pour 1/8 cup (2 tablespoons) onto the hot greased griddle. If the batter appears too thick, add extra milk. If it appears too thin, add extra mix. Cook until the edges are dry and bubbles form and pop on the surface. Turn over to finish cooking. Yield: 16 to 18 3 1/2" pancakes.



FOR RICHER PANCAKES add 1 tablespoon sugar and 2 tablespoons melted butter or vegetable oil

FOR EXTRA FLUFFY PANCAKES add 1 tablespoon sugar, 2 teaspoons baking powder.

FIND WAFFLE RECIPE online: kingarthurfour.com/recipes

COFFEE CAKE

SUGAR AND NUT MIXTURE
1/2 cup diced pecans
1/2 cup granulated sugar
1 1/2 teaspoons cinnamon
1/2 cup King Arthur Flour All-Purpose Baking Mix
3 tablespoons butter, softened



COFFEE CAKE

6 tablespoons butter, softened
3/4 cup granulated sugar
2 teaspoons vanilla extract
2 large eggs

2 cups King Arthur Flour All-Purpose Baking Mix
3/4 cup Greek yogurt or sour cream

Preheat oven to 350°F. Grease an 8" square pan. Mix together nuts, sugar, cinnamon, 1/2 cup baking mix, and 3 Tbsp. butter, and set aside.

In a large bowl beat together soft butter, sugar, and vanilla. Add the eggs, alternating with the baking mix, until well blended. Beat in the yogurt or sour cream.

Spread the batter into the greased pan. Sprinkle with the topping. Bake for 34 to 36 minutes, until golden brown. Cool in the pan for 30 minutes before turning out onto a plate. Drizzle with a confectioners' sugar, glaze if desired. Yield: one 8" square coffee cake.

DUMPLINGS

2 1/4 cups King Arthur Flour All-Purpose Baking Mix
2 tablespoons chopped fresh chives or parsley or 2 teaspoons dried (optional)
3/4 cup buttermilk
1 large egg
1 recipe chicken stew



Place the baking mix in a bowl. Whisk in the chives or parsley if using. Whisk the buttermilk and egg together and add all at once to the dry dumpling mixture. Stir together until evenly moistened.

Bring stew to a simmer. Place 1/4 cup scoops of dumpling dough on top of the simmering stew, leaving space between the scoops (dumplings will almost double as the cook). Put the lid on top, and bake at 350°F or simmer for 25 to 30 minutes. Serve hot. Refrigerate leftovers.

Yield 7-8 dumplings.

BANANA BREAD

1/4 cup vegetable oil
3/4 cup brown sugar, light or dark, firmly packed
3 large eggs
1 1/2 cups mashed ripe bananas
2 1/4 cups King Arthur Flour All-Purpose Baking Mix
1/4 teaspoon nutmeg (optional)
3/4 cup chopped walnuts (optional)



Preheat the oven to 350°F. Lightly grease an 8 1/2" x 4 1/2" loaf pan. In a large bowl, whisk together the oil and sugar until combined. Add the eggs and whisk until well blended.

Add the mashed bananas, baking mix, and nutmeg if desired, mixing until blended. Stir in the walnuts, if using, until distributed.

Spoon the batter into the greased loaf pan and bake the bread for 40 minutes, then lay a piece of aluminum foil across the top, to prevent over-browning. Continue baking for an additional 20-25 minutes, until the top springs back when touched and a toothpick inserted into the center comes out clean (or perhaps with a few crumbs clinging to it).

Allow the bread to cool for 10 minutes in the pan. Run a table knife around the edges, turn it out of the pan, and cool it completely on a rack.

Yield: one 4 1/2" by 8 1/2" loaf, about 16 slices.

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