



VITAL WHEAT GLUTEN

Gives heavy, whole grain loaves a "boost".

Add up to 1 tablespoon gluten per cup of whole grain flour in yeast bread recipe.

Strengthens structure, lightens texture, promotes good rise.

100% pure vital wheat gluten.

3019

© NET WT 16 OZ (1 LB) 454g

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfour.com | 800.827.6836

100% WHOLE WHEAT BREAD

1 1/4 cups lukewarm water
2 tablespoons olive oil or
vegetable oil
1/4 cup honey or maple syrup
3 1/4 cups King Arthur 100%
White Whole Wheat Flour

1/4 cup sunflower, sesame
or flax seeds
1 tablespoon Vital Wheat Gluten
1 1/2 teaspoons salt
1 1/2 teaspoons instant yeast

BY HAND: Mix water, oil and sweetener in a large bowl. In a separate bowl, combine flour, seeds, gluten, salt and yeast; add to the liquids gradually, stirring until the dough holds together. Knead on a floured surface until smooth and just slightly tacky—about 8 to 10 minutes. Place the dough in a greased bowl, cover and let rise until doubled in volume, about 1 to 1 1/2 hours. Punch down the dough and shape it to fit in a

greased 8 1/2" x 4 1/2" loaf pan. Let rise until doubled, about 1 to 1 1/2 hours. Bake in a preheated 375°F oven for 35 minutes or until an instant read thermometer inserted in the center of the loaf reads 190°F. Remove the bread from the oven, remove it from the pan and cool on a rack.

Nutrition Facts

Serving Size 1 Tbsp (9g)
Servings Per Container about 50

Amount Per Serving

Calories 35 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

BY BREAD MACHINE: Place ingredients in a 1 1/2 to 2 lb. bread machine bucket in the order listed above. Select basic bread or dough cycle and press start. If you choose to make dough, remove from the machine at the end of the cycle and shape and bake as directed above.

Yield: 1 loaf.

Store cool and dry.

INGREDIENTS: VITAL WHEAT GLUTEN.

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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.

