



— *Norwich, Vermont* —

HIGH-FIBER FLOUR BLEND

Hi-Maize® high-fiber flour steps in for the all-purpose flour in your recipes, adding nutrition and 20 grams of fiber per cup. Make your baked goods – like sandwich bread – healthier without changing the texture or flavor.

Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

WHITE SANDWICH BREAD

2 1/2 teaspoons instant yeast
3 cups King Arthur High Fiber Flour Blend
1 1/4 teaspoons salt
3 tablespoons sugar
1/4 cup nonfat dry milk

1/2 cup instant mashed potato flakes or 1/4 cup potato flour
6 tablespoons softened butter, unsalted
7/8 to 1 1/8 cups lukewarm water*

*Use lesser amount of water in summer (or in a humid environment), greater amount in winter (or in a dry climate), and somewhere in between the rest of the year.

Nutrition Facts

Serving Size about 1/4 cup (30g)

Servings Per Container about 45

Amount Per Serving

Calories 90 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **19%**

Sugars 0g

Protein 3g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 6%**

Thiamin 10% • **Riboflavin 6%**

Niacin 6% • **Folic Acid 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Whisk together dry ingredients and butter. Add water, then mix and knead – by hand, with stand mixer, or bread machine set on the dough cycle. When dough is smooth and springy, place in a lightly greased bowl, cover, and allow to rise at room temperature until nearly doubled, 1 to 2 hours.

Turn dough out onto a lightly floured surface. Gently deflate and shape into a loaf. Place in an 8 1/2" x 4 1/2" loaf pan. Cover and let rise until the loaf has crested 1 1/4" over the rim of the pan, about 1 hour. Towards end of rising time, preheat oven to 350°F.

Bake for 15 minutes. Tent lightly with aluminum foil and bake for an additional 20 to 25 minutes, or until crust is golden brown and the interior temperature measures 190°F on an instant-read thermometer. Remove from pan and allow to cool completely before slicing.

Yield: 1 loaf.

Store cool and dry.

INGREDIENTS: KING ARTHUR UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), RESISTANT CORNSTARCH. **CONTAINS:** WHEAT.

KING ARTHUR FLOUR, NORWICH, VERMONT 05055
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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.

