



— Norwich, Vermont —

9-GRAIN FLOUR BLEND

This blend's rich, nutty flavor comes from a mix of wheat, high-fiber Sustagrain® barley, rye, oats, amaranth, quinoa, millet, sorghum, and teff, all milled to a fine texture ideal for baking.



NET WT 32 OZ (2 LBS) 907g

9-GRAINS BREAD

3 1/2 cups 9-Grain Flour Blend
1 1/4 teaspoons salt
2 tablespoons brown sugar or molasses

2 teaspoons instant yeast
2 tablespoons butter or vegetable oil
1 1/4 cups water

Combine the ingredients and mix or knead by hand, mixer, or bread machine until the dough is smooth and satiny. This dough starts out very dry-looking, but should become soft, smooth and slightly sticky. Check dough after about 10 minutes of kneading and adjust the consistency with additional flour or water if needed.

Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 30

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 3g **12%**

Sugars 0g

Protein 4g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 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:

Allow dough to rise, covered, for about 1 hour. It'll become somewhat puffy, but may not double in size.

Shape dough into a loaf, and place in a lightly greased 9" x 5" bread pan. Cover and let rise for 1 hour, or until it's crowned about 1" over the rim of the pan.

Bake in a preheated 350°F oven for 35 to 45 minutes, or until the internal temperature registers 190°F on an instant-read thermometer (tent with foil if needed after 20 minutes).

Remove from pan, and allow to cool.

ROLL INSTRUCTIONS:

Divide dough into 16 pieces. Roll each into a smooth ball and place into two lightly greased 9" round pans. Allow to rise for 1 hour, until very puffy. Bake rolls in preheated 400°F oven for 15 to 18 minutes, or until golden brown. Remove from oven, and brush with butter if desired; this will give them a soft crust.

Yield: 1 loaf or 16 rolls.

Store cool and dry.

INGREDIENTS: WHOLE GRAIN FLOUR BLEND (ULTRAGRAIN® WHEAT, SUSTAGRAIN® BARLEY, RYE, OAT, AMARANTH, QUINOA, MILLET, SORGHUM, TEFF), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). **CONTAINS:** WHEAT.

KING ARTHUR FLOUR | NORWICH, VERMONT 05055
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Produced on equipment that also processes eggs, milk, soy, almonds, pecans, hazelnuts, walnuts, and coconut.

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Do not eat raw flour, dough or batter.

