



— Norwich, Vermont —

ORGANIC WHOLE SPELT

Try a new (ancient) grain: spelt flour bakes up beautifully and adds flavor and protein to your breads, muffins, and more.



NET WT 16 OZ (1 LB) 454g

SPELT RAISIN PECAN BREAD

1 tablespoon brown sugar
2 1/2 teaspoons instant yeast
1 cup warm water, 105°-110°F
1 1/2 teaspoons salt
4 cups Organic Whole Spelt Flour

2 tablespoons vegetable oil
1 large egg
1/2 cup raisins
1/2 cup pecans, coarsely
chopped

Nutrition Facts

Serving Size about 1/3 cup (30g)

Servings Per Container about 15

Amount Per Serving

Calories 100 **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 21g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 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:

Combine all of the dough ingredients and mix and knead them together — by hand, mixer or bread machine — until you've made a soft, smooth dough. Form the dough into a ball. Place the dough into an oiled bowl, turn to coat the top surface with oil. Cover and let rise for an hour, until puffy looking.

Transfer the dough to a lightly oiled surface, and shape it into a log. Place it in a lightly greased 8 1/2" x 4 1/2" loaf pan. Cover and let rise for 45 minutes to 1 hour, until it's crested 1" to 2" over the rim of the pan.

Bake in a preheated 375°F oven for 30 to 40 minutes, until an instant-read thermometer inserted into the center registers 190°F. Remove the loaf from the pan and let cool on a rack.

Yield: 1 loaf.

Product of Canada.

Store cool and dry.

INGREDIENTS: ORGANIC WHOLE WHEAT SPELT FLOUR.

KING ARTHUR FLOUR
NORWICH, VERMONT 05055
800.827.6836 | kingarthurfLOUR.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.

