



WHOLE GRAIN FLOUR BLEND

Bake hearty, rustic whole grain breads. We combine white whole wheat, barley, pumpernickel, sorghum, oat, millet, amaranth, teff, and quinoa flours with high-gluten flour for loaves with a strong, high rise and rich, nutty flavor.



© NET WT 32 OZ (2 LBS) 907g

WHOLE GRAIN BREAD

3 1/2 cups Whole 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 cup plus 2 tablespoons water

Combine ingredients and mix or knead by hand, mixer, or bread machine until 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 consistency with additional flour or water if needed.

Nutrition Facts

Serving Size 1/4 cup (32g)
Servings Per Container about 28

Amount Per Serving

Calories 120 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Sodium 0mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Protein 4g

Iron 8% • **Thiamin 10%**

Riboflavin 6% • **Niacin 8%**

Vitamin B6 4% • **Folic Acid 8%**

Not a significant source of saturated fat, trans fat, cholesterol, sugars, vitamin A, vitamin C and calcium.

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

Allow 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 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.

INGREDIENTS: KING ARTHUR HI-GLUTEN ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), KING ARTHUR WHITE WHOLE WHEAT FLOUR, BARLEY FLOUR, RYE FLOUR, SORGHUM FLOUR, OAT FLOUR, MILLET FLOUR, AMARANTH FLOUR, TEFF FLOUR, QUINOA FLOUR.
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.

Yield: 1 loaf or 16 rolls.

Store cool and dry. 200732B01A

Do not eat raw flour, dough or batter.

