



— Norwich, Vermont —

SIX-GRAIN BLEND

Six grains are better than one! A blend of barley flakes, rolled oats, rye chops, malted wheat, rye flakes, millet, and quinoa flakes. Adds complex, nutty flavor and whole grain nutrition to any recipe calling for rolled oats or flaked grains. Perfect for baking or as a hot breakfast cereal.



NET WT 16 OZ (1 LB) 454g

SIX-GRAIN BREAD

Nutrition Facts

Serving Size 1/3 cup dry (41g)

Servings Per Container 11

Amount Per Serving

Calories 150 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 7g **28%**

Sugars 1g

Protein 6g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 10%**

Thiamin 10% • **Riboflavin 4%**

Niacin 4% • **Folate 2%**

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

- 2 cups King Arthur Unbleached All-Purpose Flour
- 1 cup King Arthur 100% White Whole Wheat Flour
- 1 tablespoon vital wheat gluten
- 1 cup Six-Grain Blend
- 1 1/2 teaspoons salt
- 2 tablespoons sugar
- 2 teaspoons instant yeast
- 1/4 cup Baker's Special Dry Milk or 1/3 cup nonfat dry milk granules
- 1 1/4 cups lukewarm water
- 3 tablespoons butter or vegetable oil

Combine all ingredients in a large bowl or the bucket of a bread machine. Mix and knead by hand, electric mixer or bread machine until dough is smooth and supple, adding additional liquid or all-purpose flour as needed. Place dough in a lightly greased bowl, cover, and let rise for about 1 hour. (In a bread machine, allow the machine to complete its dough cycle.)

Turn dough onto a lightly oiled work surface, and shape into a 9" log. Place log in a lightly greased 9" x 5" pan, cover the pan, and let rise about 40 to 60 minutes, or until crowned about 1" over the rim of the pan. Bake in a preheated 350°F for 30 to 40 minutes, or until golden brown and the center registers 190°F on an instant-read thermometer.

Yield: 1 loaf.

INGREDIENTS: WHOLE GRAIN BARLEY FLAKES, WHOLE OATS, WHOLE RYE CHOPS, MALTED WHEAT FLAKES, RYE FLAKES, MILLET, QUINOA FLAKES. **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.

