

WE BELIEVE
baked goods and doing
good go hand in hand.



100%
EMPLOYEE
OWNED

At King Arthur Flour, we care as much about our people, our community, and our planet as we do about our flour. Through 1% for the Planet (onepercentfortheplanet.org) we donate one percent of sales from this flour to select environmental nonprofits.

We are a 100-percent employee-owned company of passionate bakers, and a founding B Corporation, committed to the highest quality and the greater good.



1%
FOR THE
PLANET



MILLED FROM SELECT 100% AMERICAN WHEAT



100% WHOLE GRAIN SPROUTED WHEAT FLOUR

GREAT TASTING | GOOD SOURCE OF FIBER

NET WT 32 OZ (2 LBS) 907g



Nutrition Facts

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

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories 100			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 21g			7%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 4g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 6%	
Thiamin 10%		Riboflavin 6%	
Niacin 2%		Folate 4%	

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

INGREDIENTS: SPROUTED WHITE WHOLE WHEAT.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055

KingArthurFlour.com | 800.827.6836

Never bleached, never bromated.[®]
No preservatives.

[®]King Arthur Flour, the King Arthur logo and "Never bleached, never bromated," are registered trademarks of The King Arthur Flour Company, Inc.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.
AFTER OPENING STORE COOL AND DRY IN A SEALED CONTAINER.
FREEZE FOR PROLONGED STORAGE.

WHEAT IS A NON-GMO PRODUCT.
Learn more at KingArthurFlour.com/non-gmo.

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SPROUTED WHEAT
FLOUR



TRY IT ONCE. *Trust it always.*

Go with the grain! Our white wheat berries are sprouted before milling to unlock their nutritional benefits. The result is a healthy pantry staple that gives you all the goodness of whole grains with a lighter, milder taste.

Baking Tips

Use sprouted wheat flour in any recipe calling for whole wheat flour, or substitute it for up to half the amount of all-purpose flour.

Allow your batter or dough to rest for 10 minutes after mixing – it will improve the taste and texture of your whole grain baked goods.

We're here to help.

Find recipes and tips:
KingArthurFlour.com/sproutedwheat

BAKER'S HOTLINE

Call or chat online with our friendly, experienced bakers. **855.371.BAKE** (2253)
KingArthurFlour.com/contact



KINGARTHURFLOUR.COM
100% SATISFACTION GUARANTEED
100% EMPLOYEE OWNED

EASY RUSTIC BREAD

- 1 cup lukewarm water
- 1 egg
- 2 tablespoons soft butter or vegetable oil
- 2 tablespoons brown sugar
- 2 3/4 cups King Arthur Sprouted Wheat Flour
- 2 teaspoons yeast
- 1 1/4 teaspoons salt
- 1 cup mixed dried fruit, nuts, and seeds (try: cranberries, walnuts, poppy or sunflower seeds, plus two tablespoons of chia or flax seeds)

Stir all ingredients together until combined.

Let dough rest, covered, for 30 minutes.

Place dough on a lightly greased surface, oil your hands, and knead for 5 minutes.

Place dough in a lightly greased bowl, cover, and let rise until soft and puffy, about 1 to 2 hours. Grease a baking sheet. Place the dough on a greased work surface, and shape into a round. Place on baking sheet, cover, and let rise about 1 1/2 hours.

Bake bread in a preheated 350°F oven until nicely browned and hollow sounding when thumped, about 35 to 40 minutes. Cool completely before slicing.

Yield: 1 loaf.



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