



— Norwich, Vermont —

# QUINOA FLOUR

*Gluten Free*

Certified gluten-free quinoa flour adds whole-grain nutrition and essential amino acids to baked goods. Try it in your favorite recipes; the subtly nutty flavor is perfect in muffins, waffles, cookies, and more.



NET WT 32 OZ (2 LB) 907g

# GLUTEN-FREE QUINOA APPLE SNACK CAKE

1 cup (5 1/2 ounces) King Arthur  
Gluten-Free Flour\*  
1 cup (3 3/4 ounces) Quinoa Flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
3/4 teaspoon xanthan gum  
1 1/2 teaspoons ground cinnamon

1/4 teaspoon ground nutmeg  
1 cup (8 ounces) brown sugar  
1/2 cup (3 1/2 ounces) vegetable oil  
4 large eggs  
2 cups (11 1/2 ounces) grated apple  
1/2 cup (2 ounces) diced dried cranberries  
1/2 cup (2 ounces) chopped walnuts

\*or see our website for our homemade  
brown rice flour blend.

Preheat oven to 350°F. Lightly grease a  
9" square pan.

In a medium-sized mixing bowl combine  
flours, baking soda, salt, xanthan gum,  
cinnamon, and nutmeg. Set aside.

In a separate bowl, combine brown sugar and  
oil until evenly blended. Add eggs, beating  
until well incorporated.

Stir dry ingredients into the wet ingredients,  
and mix until well blended.

Stir in apples, dried cranberries, and walnuts.

Pour batter into prepared pan and bake for  
45 to 55 minutes.

Cool in pan for 10 minutes before turning out  
onto a rack.

Yield: 16 pieces.

Store cool and dry.

Do not eat raw flour, dough, or batter.

Find more gluten-free recipes at:  
[kingarthurfLOUR.com/recipes](http://kingarthurfLOUR.com/recipes)

Produced in a dedicated gluten-free  
manufacturing facility.

13694B01A

## Nutrition Facts

Serving Size 1/4 cup (29g)  
Servings Per Container about 31

Amount Per Serving

**Calories 110**      **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 19g**      **6%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein 4g**

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 8%

Thiamin 6%      • Riboflavin 6%

Niacin 2%      • Folate 15%

\*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

INGREDIENTS: QUINOA.

DISTRIBUTED BY  
KING ARTHUR FLOUR, NORWICH, VERMONT 05055  
800.827.6836 | [kingarthurfLOUR.com](http://kingarthurfLOUR.com)

