



— Norwich, Vermont —

AMARANTH FLOUR

Gluten Free

Certified gluten-free amaranth flour adds a nutty, mildly earthy taste to sweet and savory baked goods. High in fiber and whole-grain nutrition, it's versatile and enhances the flavor of your favorite recipes.



Certified



Gluten-Free



NET WT 32 OZ (2 LB) 907g

AMARANTH ALMOND SQUARES

CRUST AND TOPPING:

1 cup (5 1/2 ounces) King Arthur
Gluten-Free Flour*
3/4 cup (2 1/2 ounces) almond flour
1/2 cup (1 7/8) Amaranth Flour
1/2 cup (1 1/2 ounces) sliced almonds
1/2 cup (3 1/2 ounces) sugar

1/2 cup (8 tablespoons, 4 ounces) unsalted
butter, softened
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon cinnamon, optional
1 large egg
1 teaspoon vanilla extract

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

FILLING:

1/2 cup jam or preserves (not jelly)

Preheat oven to 350°F. Lightly grease an
8" or 9" square pan.

Mix together all ingredients until crumbly.

Press 2/3 of the dough evenly in pan.

Spread jam or preserves evenly over crust.
Crumble remaining dough on top of jam.

Bake for 35 to 45 minutes, until top is a rich
golden brown.

Cool in pan for 5 minutes, then cut into 16 squares.

Allow squares to cool completely before serving.

Yield: 16 bars.

Store cool and dry.

Do not eat raw flour, dough, or batter.

Find more gluten-free recipes at:
kingarthurfLOUR.com/recipes

Produced in a dedicated gluten-free
manufacturing facility.

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Nutrition Facts

Serving Size 1/4 cup (34g)
Servings Per Container about 26

Amount Per Serving

Calories 130 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 5g

Vitamin A 0% • **Vitamin C** 2%

Calcium 6% • **Iron** 15%

Thiamin 2% • **Riboflavin** 4%

Niacin 2% • **Folate** 6%

*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: AMARANTH.

DISTRIBUTED BY
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