

FOR THE BEST BAKING RESULTS

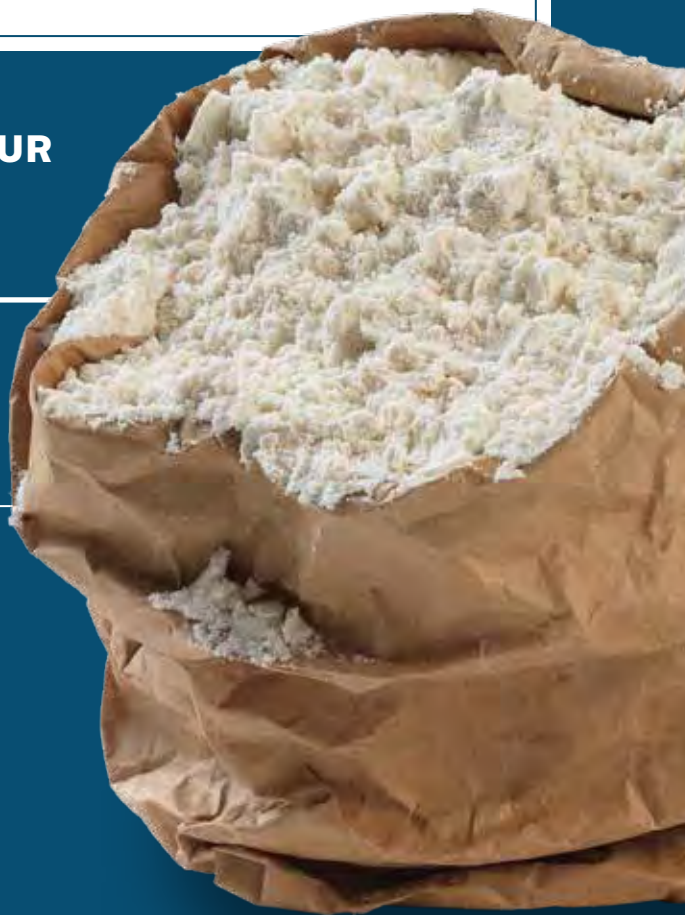


# GLUTEN FREE

**MEASURE FOR MEASURE FLOUR**

**BAKE IN ANY OF YOUR  
FAVORITE RECIPES**

FORTIFIED WITH:  
**IRON • CALCIUM • VITAMIN B**  
**NON-DAIRY**



 NET WT 16 OZ (1 LB) 454g

MEASURE FOR MEASURE GLUTEN-FREE FLOUR has the taste, texture and performance of regular flour. It's especially good in cookies, cakes, muffins, quickbreads, gravy, white sauce, pancakes, brownies, and scones.

FOR PERFECT SANDWICH BREAD,  
TRY OUR GLUTEN-FREE BREAD  
AND PIZZA MIX.

OUR RECIPE FOR  
**WHOLE GRAIN  
BANANA MUFFINS**

**YOU'LL NEED**

- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¾ cup sugar
- 1¾ cups King Arthur Measure for Measure Flour
- ½ cup chopped walnuts or pecans, optional
- ½ cup vegetable oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 1½ cups mashed ripe bananas (3 medium bananas)

**YIELDS 12 MUFFINS**

- 1 • PREHEAT** the oven to 375°F. Grease a 12-cup muffin pan, or line with papers.
- 2 • WHISK** together the baking powder, baking soda, salt, cinnamon, sugar, flour, and nuts. Set aside.
- 3 • STIR** together oil, eggs, vanilla and bananas.
- 4 • COMBINE** the dry and wet ingredients, stirring until combined.
- 5 • DIVIDE** the batter evenly among the 12 cups.
- 6 • BAKE** muffins for 20-24 minutes, until the middle of a center muffin springs back when lightly touched. Remove from oven, and let rest for 5 minutes before removing from pan.

**BAKER'S TIP:** For pumpkin muffins: Use one, 15 oz. can pumpkin in place of mashed banana. Add 1 tsp. pumpkin pie spice. Mix and bake as directed above.

BEST IF USED BY:

**Nutrition Facts**

Serving Size 4 Tablespoons (31g)  
Servings Per Container 14

Amount Per Serving	
<b>Calories</b> 110	<b>Calories from Fat</b> 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%
Thiamin	15%
Riboflavin	8%
Niacin	10%

\*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:** RICE FLOUR, WHOLE GRAIN BROWN RICE FLOUR, WHOLE SORGHUM FLOUR, TAPIOCA STARCH, POTATO STARCH, CELLULOSE, XANTHAN GUM, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)].

DISTRIBUTED BY  
THE KING ARTHUR FLOUR COMPANY, INC.  
Norwich, Vermont 05055  
800.827.6836 | kingarthurfloor.com

Do not eat raw flour, dough or batter.  
Produced in a GFCO-certified gluten-free facility.

**BAKER'S HOTLINE. WE'RE HERE TO HELP.**  
Call or chat online with our friendly, experienced bakers. 855.371.BAKE (2253)  
[KingArthurFlour.com/contact](http://KingArthurFlour.com/contact)

**COMPLIMENTS OF**  
*The King Arthur Flour Kitchen*

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