

FOR THE BEST BAKING RESULTS



GLUTEN FREE

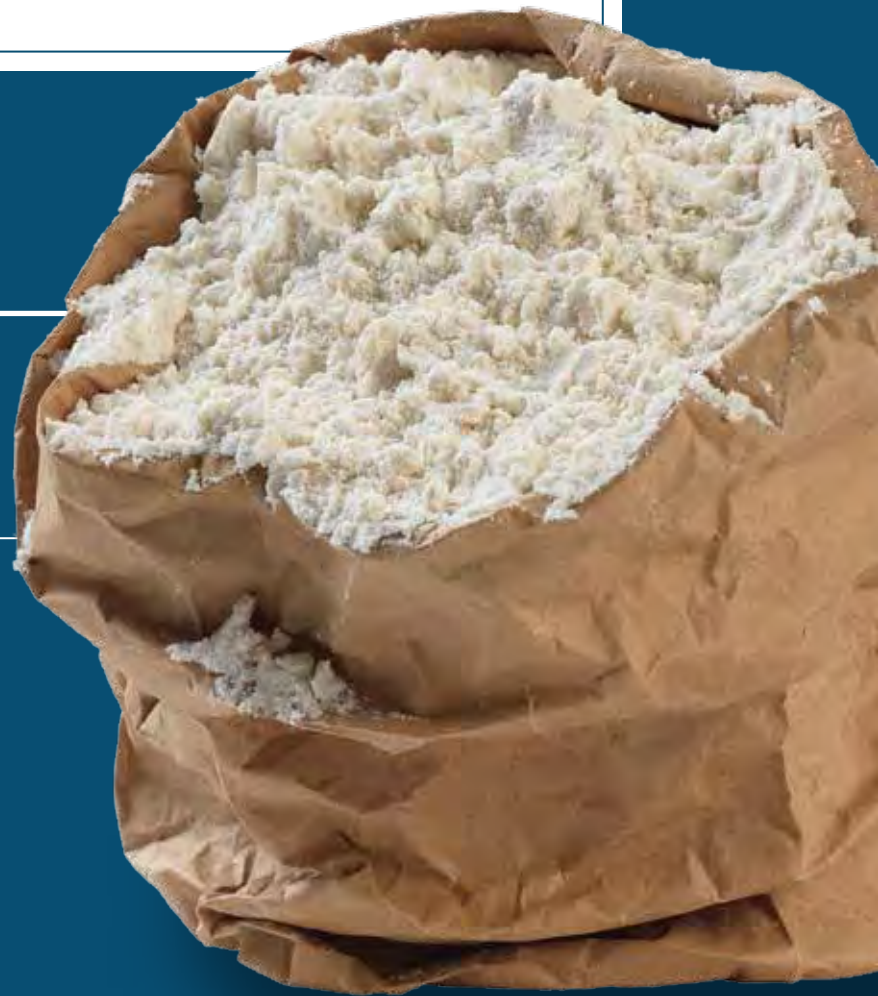
MEASURE FOR MEASURE FLOUR

**BAKE IN ANY OF YOUR
FAVORITE RECIPES**

FORTIFIED WITH:
IRON · CALCIUM · VITAMIN B
NON-DAIRY



 NET WT 48 OZ (3 LBS) 1.36kg



GLUTEN FREE MEASURE FOR MEASURE 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)

- 1 • **PREHEAT** 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.

YIELDS 12 MUFFINS

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.

OUR RECIPE FOR DEEP DARK FUDGY BROWNIES

YOU'LL NEED

- ⅔ cup Dutch-process cocoa
- 1¾ cups granulated sugar
- ¾ teaspoon salt
- ½ teaspoon baking powder
- 1 cup King Arthur Measure for Measure Flour
- 1 cup diced pecans or walnuts, optional
- 1 cup chocolate chips, optional
- 3 large eggs
- ½ cup vegetable oil
- 2 tablespoons water

- 1 • **PREHEAT** oven to 350°F. Lightly grease an 8" or 9" square pan.
- 2 • **WHISK** together cocoa, sugar, salt, baking powder, flour, nuts, and chips.
- 3 • **STIR** in eggs, oil, and water, mixing until evenly blended. Spoon the mixture into pan, smoothing the top.
- 4 • **BAKE** brownies for 45 minutes (for 8" pan) or 35 minutes (for 9" pan), until a toothpick inserted into the center comes out with just a few moist crumbs.
- 5 • **COOL** on a rack for 1 hour before slicing.

YIELDS 16 BROWNIES

BAKER'S TIP: If using a glass pan, reduce baking temperature to 325°F and bake 5-10 minutes less.

BEST IF USED BY:



Nutrition Facts

Serving Size 4 Tablespoons (31g)
Servings Per Container 44

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 8%

Sugars 0g

Protein 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.
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800.827.6836 | kingarthurfLOUR.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

COMPLIMENTS OF
The King Arthur Flour Kitchen

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