

ESSENTIAL.  
**GOODNESS**  
 ANCIENT GRAIN + CRANBERRY  
 SUPER SLICE BREAD MIX



**SUPER-POWER  
 YOUR DAY**

**4g**  
 FIBER

**26g**  
 WHOLE  
 GRAINS

(per 38g serving)

**Nutrition Facts**

Serving Size 1/4 Cup Mix (38g)  
 Servings Per Container 12

Amount Per Serving	Mix	Prepared
<b>Calories</b>	140	220
Calories from Fat	15	80
	<b>% Daily Value**</b>	
<b>Total Fat</b> 1.5g*	2%	14%
Saturated Fat 0g	0%	5%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	20%
<b>Sodium</b> 210mg	9%	10%
<b>Total Carbohydrate</b> 28g	9%	9%
Dietary Fiber 4g	16%	16%
Sugars 8g		
<b>Protein</b> 4g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	10%	10%
Iron	8%	10%
Thiamin	4%	6%
Riboflavin	2%	6%
Niacin	4%	4%

\*Amount in Mix. Prepared contributes an additional 80 Calories (70 Calories from Fat), 8g Total Fat (1g Saturated Fat), 60mg Cholesterol, 30mg Sodium, 2g Protein.

\*\*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: King Arthur White Whole Wheat Flour, Whole Grain Oats, Cane Sugar, Cranberries (cranberries, sugar, sunflower oil), Whole Grain Barley Flakes, Whole Grain Oat Flour, Millet, Chia Seeds, Potato Starch, Baking Powder (baking soda, calcium acid pyrophosphate, monocalcium phosphate), Salt, Natural Vanilla Flavor, Vietnamese Cinnamon, Ginger. CONTAINS: Wheat.

DISTRIBUTED BY  
 THE KING ARTHUR FLOUR COMPANY, INC.  
 NORWICH, VERMONT 05055  
 800 827 6836 | KingArthurFlour.com

**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

OUR RECIPE FOR  
**ANCIENT GRAIN + CRANBERRY  
 SUPER SLICE**

**YOU'LL NEED**

- 1/3 Cup oil or melted butter
- 4 Large eggs
- 1 Cup water, milk, or non-dairy alternative milk

**BAKES**

*1 Loaf  
 (12 Slices)*

**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)



OUR RECIPE FOR

**1. Preheat**

oven to 350°F and grease a 9" x 5" or 8 1/2" x 4 1/2" loaf pan.

**2. Stir**

together all the ingredients.

**3. Pour**

batter into loaf pan.

**4. Bake**

for 45-55 minutes, until center is firm and set (any surface cracks should feel fully dry to the touch).

**5. Cool**

in pan for 10 minutes, remove from pan, and cool completely on a rack. Refrigerate for best shelf life.

**For Muffins**

Preheat oven to 375°F and grease 12 standard muffin cups. Divide batter evenly among cups and bake for 15-18 minutes.

POWER UP YOUR SLICE  
 WITH THESE ADDITIONS



**Greek Yogurt**

Reduce milk to 1/2 cup and add 2/3 cup Greek yogurt (one 5.3 oz. container) for extra protein.

or



**Protein Powder**

Add up to 1/2 cup whey protein powder at the beginning of mixing.

or



**Nuts**

Add up to 2 cups of chopped almonds for extra crunch and protein.

or



**Bananas**

For a rich banana flavor, omit the milk and add 2 cups mashed banana.

**ANCIENT GRAIN  
 + CRANBERRY  
 SUPER SLICE BREAD MIX**

A tastier way to eat well,  
 every day!

<b>A good source of fiber*</b>	<b>A good source of calcium*</b>	<b>100% Whole grain</b>
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Bake ahead for on-the-go breakfast & snacks all week long.

\*Contains 9g of total fat per serving. See nutrition information for fat and cholesterol content.

**BAKE FOR  
 GOOD**

**BUY A MIX & GIVE A MEAL**

Together let's help solve hunger. For each King Arthur Flour Essential Goodness Mix purchased, we'll donate the cost for Feeding America® to supply 1 meal\*\* through its network of local food banks.

**100% EMPLOYEE-OWNED.  
 100% COMMITTED TO QUALITY.**



ALL INGREDIENTS IN THIS MIX ARE NON-GMO FROM THE SOURCE. Learn more at: [KingArthurFlour.com/non-gmo](http://KingArthurFlour.com/non-gmo)



We're committed to using the power of business as a force for social and environmental good.

\*\*\$.09 helps provide 1 meal secured by Feeding America® on behalf of member food banks. King Arthur Flour guarantees a meal donated for every mix sold. For details visit: [KingArthurFlour.com/bakeforgood](http://KingArthurFlour.com/bakeforgood)



ESSENTIAL.

**GOODNESS**

NO PRESERVATIVES. NO ARTIFICIAL COLORS OR FLAVORS. NO CORN SYRUP.

**ANCIENT GRAIN  
 + CRANBERRY  
 SUPER SLICE BREAD MIX**

*Made with Millet, Chia,  
 Barley + Oats*



U NET WT 16 OZ (1 LB) 454g

*Best if baked by:*



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