



— *Norwich, Vermont* —

MALTED WHEAT FLAKES

Imported from England, these nutty,
sweet malted wheat flakes add flavor
and texture to breads and rolls.



Ⓢ NET WT 32 OZ (2 LBS) 907g

GRANARY-STYLE BREAD

2 cups lukewarm water
1 to 2 tablespoons barley malt syrup,
molasses or honey
1 cup malted wheat flakes
2 cups King Arthur 100% White Whole
Wheat Flour

1 scant tablespoon instant yeast
2 tablespoons melted butter
or vegetable oil
2 teaspoons salt
3 to 4 cups King Arthur
Unbleached All-Purpose Flour

Nutrition Facts

Serving Size 1/3 cup (40g)

Servings Per Container 22

Amount Per Serving

Calories 130 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 5g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 8%**

*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

Pour the 2 cups of water into a mixing bowl. Stir in the sweetener, wheat flakes and white wheat flour. Mix in yeast, and let rest for 15 to 20 minutes. Stir in butter or oil, salt, and about 2 1/2 cups of all-purpose or bread flour. Add flour slowly until a shaggy mass forms.

Turn dough out onto a lightly floured or lightly greased work surface, and knead until cohesive. Let rest for a few minutes. Continue kneading for several minutes, adding only enough flour (or oil) to keep the dough from sticking to you or the work surface.

Place dough in greased bowl, turning to coat all sides, cover the bowl, and let rise until doubled in bulk, about 1 1/2 hours. Gently deflate the dough, divide in half, and shape each half into a log. Place logs in lightly greased 8 1/2" x 4 1/2" bread pans. Allow to rise, covered, until crested an inch over edge of pan.

Bake in a preheated 350°F oven for 35 to 40 minutes, or until an instant-read thermometer reads 190°F. Turn out on a rack to cool.

Yield: 2 loaves.

Store cool and dry.

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INGREDIENTS: MALTED WHEAT FLAKES.

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

Do not eat raw flour, dough, or batter.

