



— *Norwich, Vermont* —

BARLEY FLOUR

Sustagrain® barley flour is a delicious way to add fiber and nutty whole-grain flavor to breads, pancakes, biscuits, or any baked good. Substitute up to 25% of the flour in your recipe



Ⓢ NET WT 32 OZ (2 LBS) 907g

SOFT FLOUR TORTILLAS

2 cups King Arthur Unbleached All-Purpose Flour
1/2 cup Sustagrain® Barley Flour
2 teaspoons baking powder
1 teaspoon salt

1 tablespoon vegetable oil
1 cup warm milk
1 teaspoon instant yeast

Nutrition Facts

Serving Size 1/3 cup (30g)
Servings Per Container about 30

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 10g 40%

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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

Combine all ingredients, then beat at high speed for about 1 minute to make a soft, slightly sticky dough.

Place in a greased bowl, cover, and let rest for 30 minutes.

Place dough on a greased work surface. Divide into 12 pieces, each about the size of a walnut (about 1 5/8 ounces).

Roll each piece into a ball. Cover and let rest for 15 minutes.

Use a tortilla press, a rolling pin, or your hands to pat each ball of dough into a thin, 4" to 5" circle.

Let rest 15 minutes (they'll shrink a bit), then roll each circle into a thin 6" to 8" round. Keep rolled-out dough rounds covered to prevent drying out.

Heat an ungreased heavy cast iron skillet or griddle over high heat. Cook tortillas one at a time, until small dark spots form and the dough is set, about 20-30 seconds per side.

Stack finished tortillas in a napkin, or wrap in foil to keep warm until ready to serve.

Tortillas may be rewarmed in the microwave, or wrapped in foil and heated in a 350°F oven.

Yield: 12 tortillas.

Store cool and dry.

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

INGREDIENTS: Whole Grain Barley Flour.

CONTAINS: Wheat.

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

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