



# BREAD MIX

## OUR SIGNATURE RECIPE FOR HONEY WHOLEGRAIN BREAD

Hearty wholegrain bread with a touch of honey. Made with rye, quinoa, and barley flakes, plus millet for crunch, extra nutrition, and flavor.

### YOU'LL NEED

- 2 tablespoons butter, softened or vegetable oil
- 1 1/3 cups milk or warm water

THIS BOX CONTAINS BREAD MIX AND YEAST PACKET.

- 1 • **COMBINE** mix, yeast, butter or oil, and milk or water. Mix and knead until smooth, adding additional water or flour as needed.
- 2 • **LET** rise for 1 hour, then shape and place in a lightly greased 8.5" x 4.5" loaf pan.
- 3 • **COVER** and let rise until crowned about 1" over rim of pan, 30 minutes to 1 hour, depending on warmth of kitchen.
- 4 • **BAKE** in a preheated 350°F oven for 35-45 minutes (center will register 190°F on an instant-read thermometer), tenting lightly with foil if browning too quickly.
- 5 • **COOL** completely on a rack.



**BAKES 1 LOAF**

### BREAD MACHINE METHOD

Place ingredients into bucket, program for basic or white bread, 1 1/2-lb. loaf, light crust, and press start. After about 10 minutes of kneading, add additional water or flour as necessary to produce a smooth, soft dough. For the best results, bake in a greased 8.5" x 4.5" pan.



### BAKER'S TIP:

Make as rolls: After first rise, divide dough into 16 pieces. Shape each piece into a ball and place them on a lightly greased or lined pan. Complete second rise as directed and bake for 16-18 minutes at 375°F.

### COMPLIMENTS OF

*The King Arthur Flour Kitchen*

## OUR SIGNATURE RECIPE FOR HONEY WHOLEGRAIN BREAD MIX

Baking is about making something special, and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our mixes so good.

We're bakers, too! Our 100% employee-owned company has been an expert resource for bakers everywhere for over 225 years. We're all about making your kitchens better and happier with top-quality baking essentials.

### 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)

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



## OUR SIGNATURE RECIPES

# BREAD MIX

Hearty and wholesome loaf packed with whole grain flakes for great texture with just a touch of honey.

MADE WITH WHOLE GRAINS



NET WT 16.25 OZ (1 LB .25 OZ) 461g



## Nutrition Facts

Serving Size 1/4 cup mix (38g)  
Servings Per Container 12

Amount Per Serving	Mix	Prepared	
<b>Calories</b>	130	160	
Calories from Fat	10	30	
	% Daily Value**		
<b>Total Fat 1g*</b>	2%	5%	
Saturated Fat 0g	0%	8%	
Trans Fat 0g			
<b>Cholesterol 0mg</b>	0%	2%	
<b>Sodium 230mg</b>	10%	10%	
<b>Total Carbohydrate 27g</b>	9%	10%	
Dietary Fiber 5g	20%	20%	
Sugars 2g			
<b>Protein 6g</b>			
Vitamin A	0%	2%	
Vitamin C	2%	2%	
Calcium	2%	4%	
Iron	10%	10%	
Thiamin	15%	15%	
Riboflavin	4%	8%	
Niacin	8%	8%	
Folic Acid	4%	4%	
*Amount in Mix. Prepared contributes an additional 30 Calories (20 Calories from Fat), 2 g Total Fat (1.5 g Saturated Fat), 5 mg Cholesterol, 10 mg Sodium, 2 g Total Carbohydrate (1 g Sugars), 1 g 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:** BREAD MIX: King Arthur White Whole Wheat Flour, Malted Wheat Flakes, Rye Flakes, Oat Flakes, Whole Rye Chops, Whole Grain Barley Flakes, Quinoa Flakes, Dry Honey (refinery syrup, honey), Vital Wheat Gluten, Millet, Sea Salt. **YEAST:** Yeast, Sorbitan Monostearate, Ascorbic Acid. **CONTAINS:** Wheat.

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

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

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