



— Norwich, Vermont —

OLD FASHIONED ROLLED OATS

Rolled oats are useful in all sorts of cooking, from breakfast to dinner. Our old fashioned oats are hearty in flavor and texture – and they're an excellent source of fiber, too. Bake them into breads, cookies, and scones or cook them up in a hot porridge or savory side.



NET WT 32 OZ (2 LBS) 907g

BROWN SUGAR OATMEAL BREAD

1 1/4 cups boiling water
1 cup rolled oats
1/4 cup brown sugar (or maple sugar)
1/2 teaspoon maple flavor, optional
2 tablespoons butter

1 1/2 teaspoons salt
2 teaspoons instant yeast
2 3/4 cups King Arthur
Unbleached All-Purpose Flour

In large mixing bowl, or in bucket of bread machine, combine water, rolled oats, sugar, maple flavor, butter, and salt. Let cool to lukewarm.

Nutrition Facts

Serving Size 1/3 cup (45g)
Servings Per Container about 20

Amount Per Serving

Calories 170 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 30g **10%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 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:

Add yeast and flour, stirring to form a rough dough. Knead (10 minutes by hand, 5-7 minutes by machine) until dough is elastic. (If using a bread machine, program for dough). Dough should be slightly sticky—add additional flour only if it's so slack that it doesn't hold its shape. Transfer to lightly greased bowl. Cover with lightly greased plastic wrap, and allow to rise for 1 hour.

Shape into an 8" log. Place into greased 8 1/2" x 4 1/2" pan. Cover and allow to rise until it crowns 1" over rim of pan, about 1 hour. Just before placing in oven, make three diagonal cuts in loaf; this allows steam to escape. Brush with 1 egg white lightly beaten with 1 tablespoon water, then sprinkle with oat flakes, if desired.

Bake in preheated 350°F oven for 38-45 minutes, until deep brown, and interior registers 190°F on an instant-read thermometer. Remove from pan, and place on a rack to cool.

Yield: 1 loaf.

Store cool and dry.

INGREDIENTS: Whole Oats.

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

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