

100%
EMPLOYEE-OWNED



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RAISE YOUR FLOUR IQ
14.0%
PROTEIN CONTENT*

We're a 100% employee-owned company, every one of us bakers at heart. Our mission is to inspire connections and community by spreading the joy of baking.

As a founding B Corp, we are committed to using the power of business as a force for social and environmental good. We care as much about our people, our community and our planet as we do our flour. Through 1% for the Planet (onepercentfortheplanet.org), we donate one percent of sales from this flour to select environmental nonprofits.

NO COMPROMISES



WE'RE HERE TO HELP. BAKER'S HOTLINE

Call or chat online with questions for our friendly, experienced bakers. 855.371.BAKE (2253) KingArthurFlour.com/contact



PLEASE RECYCLE

100% WHOLE GRAIN WHOLE WHEAT FLOUR

WHEAT TYPE	100% U.S. Hard Red Wheat Grown on American Farms
PROTEIN CONTENT	14% — Substitute for all-purpose flour to add whole grain*
IDEAL FOR COOKIES, BREAD, BROWNIES, PANCAKES & MORE	



NET WT 5 LBS (2.27kg)



100% WHOLE GRAIN WHOLE WHEAT FLOUR



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Nutrition Facts

about 76 servings per container
Serving size **1/4 cup (30g)**

Amount per serving
Calories 100

% Daily Value*

Total Fat 1g 1%
Saturated Fat 0g 1%
Trans Fat 0g

Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 22g 8%
Dietary Fiber 3g 11%

Total Sugars 0g
Includes 0g Added Sugars 0%

Protein 4g
Vitamin D 0mcg 0%
Calcium 10mg 0%
Iron 1.1mg 6%
Potassium 110mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: 100% Hard Red Whole Wheat Flour.

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

Never bleached, never bromated.®

"King Arthur", the King Arthur Flour logo and "Never bleached, never bromated" are registered trademarks of The King Arthur Flour Company, Inc.

SAFE HANDLING INSTRUCTIONS: RAW FLOUR IS NOT READY-TO-EAT AND MUST BE THOROUGHLY COOKED OR BAKED BEFORE EATING TO PREVENT ILLNESS FROM BACTERIA IN THE FLOUR. DO NOT EAT OR PLAY WITH RAW DOUGH, WASH HANDS, UTENSILS, AND SURFACES AFTER HANDLING.
AFTER OPENING, KEEP COOL AND DRY IN A SEALED CONTAINER.
FREEZE FOR PROLONGED STORAGE.

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RAISE YOUR FLOUR IQ



OUR QUALITY PROMISE

Flour this good doesn't happen by accident. With expertise and experience from field to bag, we craft our flour with care and a commitment to help you bake your best.

*PROTEIN: THE POWER IN YOUR FLOUR

Protein is the ultimate attribute of quality in wheat flour. Choosing the right protein content for your recipe makes your bread rise higher, your cakes moist, and your pizza crust chewier. Protein content in other flour brands can vary by 2% or more from one bag to the next.

PROTEIN CONTENT
14.0%

HARD RED WHEAT selected
for PROTEIN CONTENT
Robust flavor from 100%
whole grain

TIGHTEST SPECIFICATIONS IN THE INDUSTRY
FOR GREAT RESULTS EVERY TIME YOU BAKE

WE SAY NO TO BLEACH

Most flour companies add benzoyl peroxide, chlorine dioxide, or azodicarbonamide to chemically whiten or artificially strengthen their flours. We want your baked goods to taste delicious and be something you feel good about feeding your family and friends. King Arthur Flour contains no bleach, no bromate, and no artificial preservatives of any kind. What you get in place of these chemical bleaching agents is superior grain and our 225+ year commitment to purity. Not a bad trade off, if you ask us.



To learn more, including when to select which flour, visit: KingArthurFlour.com/FlourIQ

KINGARTHURFLOUR.COM
100% SATISFACTION GUARANTEED
100% COMMITTED TO QUALITY



MORNING GLORY MUFFINS

Ingredients:

1/2 cup raisins
2 cups King Arthur Whole Wheat Flour
1 cup brown sugar
2 teaspoons baking soda
2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon salt
2 cups peeled and grated carrots
1 large tart apple, peeled, cored, and grated
1/2 cup shredded coconut
1/2 cup chopped walnuts
1/3 cup sunflower seeds or wheat germ, optional
3 large eggs
3/4 cup vegetable oil
2 teaspoons vanilla extract
1/4 cup orange juice

Directions:

- Preheat the oven to 375°F. Lightly grease a 12-cup muffin tin, or line it with papers and spray the insides of the papers.
- Cover the raisins with hot water, and set them aside to soak while you assemble the rest of the recipe.
- In a large bowl, whisk together the flour, sugar, baking soda, spices, and salt. Stir in the carrots, apple, coconut, nuts, and sunflower seeds or wheat germ.
- In a separate bowl, beat together the eggs, oil, vanilla, and orange juice. Add to the flour mixture, and stir until evenly moistened. Drain the raisins and stir them in.
- Divide the batter among the wells of the prepared pan.
- Bake the muffins for 25 to 28 minutes, until they're nicely domed and a cake tester inserted in the center of one of the inner muffins comes out clean.
- Remove from the oven, let cool for 5 minutes in their pan on a rack, then turn out of pans to finish cooling.

Yield: 12 muffins.

Find more tried-and-truly-good recipes using our Whole Wheat Flour at: KingArthurFlour.com/recipes

SAY NO TO RAW DOUGH: Flour is a raw ingredient. Bake fully before enjoying.