

**100%
EMPLOYEE OWNED**



We are 100% employee owned and operated by a group of over 300 passionate bakers.

Certified Corporation We're a Certified B Corp — one of 3,200 companies that are committed to using the power of business as a force for social and environmental good. We leverage profit to create a positive impact for people, community, and the environment.

WE'RE HERE TO HELP
Call or chat online with our friendly, experienced bakers.
855-371-BAKE (2253)
KingArthurBaking.com/Bakers-Hotline

*** Why gluten-forming protein matters in flour:** The amount of gluten-forming protein in flour determines the final structure of your baked goods. Higher protein flour creates more gluten, for a chewier structure, while lower protein flour creates less, for a delicate, finer crumb.



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13.2%
GLUTEN-FORMING
PROTEIN CONTENT*

100% WHOLE GRAIN
**WHOLE WHEAT
FLOUR**

WHEAT TYPE	100% U.S. Hard Red Wheat Grown on American Farms
PROTEIN CONTENT	13.2% — For adding whole grains to baked goods
IDEAL FOR COOKIES, BREAD, BROWNIES, PANCAKES & MORE	



NET WT 5 LBS (2.27kg)



Nutrition Facts

about 81 servings per container
Serving size 1/4 cup (28g)

Amount per serving		% Daily Value*
Calories	100	
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		11%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 4g		7%
Vitamin D 0mcg		0%
Calcium 0mg		0%
Iron 1mg		6%
Potassium 100mg		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
KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
KingArthurBaking.com | 800-827-6836

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.

RAISE YOUR
FLOUR IQ



BAKING WITH WHOLE WHEAT

Eating well should taste good. Whole wheat imparts deep, robust flavor along with the nutrition and fiber of whole grains. Win-win.

QUALITY & CONSISTENCY

Delicious results, every time! We test bake (yum!) our flour to ensure it meets our strict standards — the strictest in the industry.

NEVER BLEACHED, NEVER BROMATED*

Our flours contain no bleach, no bromate, and no artificial preservatives of any kind.

100% AMERICAN GROWN

We support American farmers who produce the best, highest-quality wheat. All of our wheat flour is grown and milled in the United States.

FOR CONSISTENT RESULTS

We recommend weighing ingredients.
1 cup of Whole Wheat Flour = 113g

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



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.

100% WHOLE WHEAT BANANA BREAD

- 8 tablespoons (113g) butter, room temp.
- 1/2 cup (106g) brown sugar, packed
- 1 teaspoon vanilla extract
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups (454g) mashed banana (5 medium)
- 1/4 cup (85g) honey
- 2 large eggs
- 2 cups (226g) King Arthur Whole Wheat Flour
- 1/2 cup (57g) chopped walnuts, optional

- Preheat oven to 350°F.
- In a large bowl, beat together butter and sugar until smooth. Add vanilla, baking soda, salt, and banana, beating until well combined. Beat in honey and eggs.
- Add flour then nuts, stirring until smooth.
- Spoon batter into lightly greased 9" x 5" pan. Let rest 10 minutes before baking.
- Bake for 50 minutes, then lay a piece of aluminum foil across the top to prevent over-browning. Bake for an additional 10-15 minutes, then remove from oven; a thin knife inserted into the center should come out clean.
- Allow loaf to cool for 10 minutes before transferring to rack to cool completely. Store at room temperature, well wrapped, for several days; freeze for longer storage.

Yield: 1 loaf

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



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