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
### Nutrition Facts

about 30 servings per container  
Serving size 1/3 cup (30g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 120</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>10g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

*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.

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### OUR RECIPE FOR 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

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

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

Place 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 into thin 6” to 8” rounds. Keep covered to prevent drying out.

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

Stack 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.

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### INGREDIENTS: Whole Grain Barley Flour.

CONTAINS: Wheat.

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

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

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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