Try a new (ancient) grain: Spelt flour bakes up beautifully and has a nutty, complex flavor that’s sweeter and lighter than that of whole wheat. Use as you would whole wheat flour or substitute up to 25% of all-purpose flour in your recipe.
**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>21g</td>
<td>8%</td>
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<tr>
<td><strong>Dietary Fiber</strong></td>
<td>3g</td>
<td>11%</td>
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<tr>
<td></td>
<td><strong>Total Sugars</strong> 2g</td>
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<tr>
<td></td>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>4g</td>
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</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.

**OUR RECIPE FOR**  
**SPELT RAISIN PECAN BREAD**

1 tablespoon brown sugar  
2 1/2 teaspoons instant yeast  
1 cup warm water (105°F-110°F)  
1 1/2 teaspoons salt  
4 cups King Arthur Organic Whole Spelt Flour  
2 tablespoons vegetable oil  
1 large egg  
1/2 cup raisins  
1/2 cup pecans, coarsely chopped

Combine all of the dough ingredients and mix and knead by hand, mixer or bread machine, until you’ve made a soft, smooth dough. Form the dough into a ball. Place in an oiled bowl, turn to coat top with oil. Cover and let rise for an hour, until puffy looking.

Transfer to a lightly oiled surface, and shape into a log. Place in a lightly greased 8 1/2” x 4 1/2” loaf pan. Cover and let rise for 45 minutes to 1 hour, until crested 1” to 2” over rim of pan.

Bake in a preheated 375°F oven for 30 to 40 minutes, until an instant-read thermometer inserted into center registers 190°F. Remove the loaf from the pan and let cool on a rack.

**Yield:** 1 loaf.

**INGREDIENTS:** Organic Whole Wheat Spelt Flour.

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

Certified organic by Vermont Organic Farmers.

Store cool and dry.

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

Product of Canada.

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

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