Norwich, Vermont

WHOLE WHEAT PASTRY FLOUR

Also known as graham flour, this whole wheat pastry flour is milled from low-protein soft wheat. Mellow and flavorful, it adds whole grain nutrition to pastries, without density or heft.
Nutrition Facts

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

Amount per serving
Calories 90

% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 23g 8%
Dietary Fiber 4g 14%
Total Sugars 0g Includes 0g Added Sugars 0%
Protein 2g

Vitamin D 0mcg 0%
Calcium 8mg 0%
Iron 1mg 6%
Potassium 98mg 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.

OUR RECIPE FOR
WHOLE WHEAT PIE CRUST

2 1/2 cups King Arthur Whole Wheat Pastry Flour
1 tablespoon sugar
2 tablespoons buttermilk powder (optional)
1 teaspoon salt
1/4 cup vegetable shortening
1/2 cup butter
4 to 6 tablespoons cold water

Whisk together dry ingredients. Cut in vegetable shortening until well blended. Cut in butter, leaving it in irregular pieces. Add 4 tablespoons water and toss lightly with a fork until dough begins to come together. Add additional water, a little at a time, if needed – the pastry should just hold together when pressed, and should feel slightly moister than a white-flour pastry.

Turn out and gently fold and press together. Divide in half, then pat each half into a disk, about 1/2" thick. Wrap and refrigerate for at least 30 minutes before rolling.

Roll dough out on a well-floured surface. If pastry cracks, wet both sides of the crack and roll together, then allow dough to warm up slightly before proceeding.

Yield: 1 double or 2 single pie shells, or twenty-four 2 1/2” to 3” tart shells.

INGREDIENTS: Unbleached Soft Whole Wheat.

THE KING ARTHUR FLOUR COMPANY, INC.
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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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