Cut from hulled oat grains, steel-cut oats make a wonderful porridge with texture and flavor. Boil them in water or milk or soak and add to baked goods to add fiber and nutrition.
## Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>170</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
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<td>0%</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>11%</td>
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<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>18%</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes 0g Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>6g</td>
<td></td>
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</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

### APPLE-OAT BREAD

- 1/2 cup King Arthur Organic Steel Cut Oats
- 1/4 cup boiled cider or frozen apple juice concentrate, divided
- 1 cup chopped dried apples
- 1 1/2 teaspoons salt
- 1 teaspoon cinnamon
- 2 teaspoons instant yeast
- 1 3/4 cups King Arthur Unbleached All-Purpose Flour
- 1 3/4 cups King Arthur Premium Whole Wheat Flour
- 1 3/4 cups boiling water
- 1/4 cup nonfat dry milk
- 2 tablespoons vital wheat gluten
- 1 cup chopped, toasted walnuts or pecans

Combine boiling water and steel-cut oats. Cool to lukewarm then add 2 tablespoons boiled cider.

Combine remaining 2 tablespoons boiled cider with apple pieces, cover, and microwave for 1 to 2 minutes. Set aside.

Stir remaining ingredients into oat mixture then knead to make a soft, slightly sticky dough. Knead in toasted nuts. Place in a greased bowl, cover, and let rise for 2 hours.

Flatten dough into an oval on lightly greased or floured work surface. Spread with apples, and roll and shape into a round or oval. Place on a lightly greased or parchment-lined baking sheet, cover, and let rise for 1 hour, or until puffy.

Bake in a preheated 375°F oven for 45 to 50 minutes, until deep brown and an instant-read thermometer inserted in center registers 195°F or higher.

Cool completely before slicing.

Yield: 1 large loaf.

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**INGREDIENTS:** Organic Steel Cut Oats

**CONTAINS:** Wheat.

**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.

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

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[Image 14x41 to 151x84]