Our delicious, wholesome Super 10 Blend combines spelt, millet, barley flakes, teff flour, buckwheat flour, amaranth flour, chia seeds, sorghum, rye flakes, and quinoa flakes to add nutrition and flavor to bread recipes and more. Substitute 25% - 50% for the all-purpose flour in your recipe.
Nutrition Facts

33 servings per container
Serving size 1/4 cup (27g)

Amount per serving
Calories 90
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 19g 7%
Dietary Fiber 3g 11%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 4g

*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: Spelt Flour, Hulled Millet, Rye Flakes, Barley Flakes, Quinoa, Chia Seeds, Amaranth Flour, Teff Flour, Buckwheat Flour, Sorghum 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 coconuts.

Store cool and dry.

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

207342B01B 208579

OUR RECIPE FOR
SUPER 10 BLEND
SANDWICH BREAD

1 1/4 to 1 1/3 cups lukewarm water
(begin with the lower amount, typically you may need more in the winter, less in the summer)
2 tablespoons molasses or honey or sugar
2 teaspoons Instant Yeast
2 tablespoons vegetable oil
1 1/4 teaspoons salt
3 cups King Arthur Flour Super 10 Blend
1 cup King Arthur Unbleached All-Purpose Flour

Mix all of the ingredients in the order listed, and mix and knead to make a smooth dough. It should feel slightly bouncy and elastic under your hands.

Place dough in a lightly greased bowl. Cover and let rise for 45 to 60 minutes, until puffy, though not necessarily doubled in size.

Gently deflate and shape into a 9" loaf. Place in a lightly greased 9" x 5" loaf pan.

Cover and let rise for 45 to 75 minutes, until crowned 1" to 1 1/2" over the rim of the pan.

Bake in a preheated 350°F oven for 35 minutes, until browned and the internal temperature reaches 195°F to 200°F.

Allow to cool completely on a rack.

Yield: 1 loaf.