VITAL WHEAT GLUTEN

Gives heavy, whole grain loaves a “boost”. Add up to 1 tablespoon gluten per cup of whole grain flour in yeast bread recipe. Strengthens structure, lightens texture, promotes good rise. 100% pure vital wheat gluten.
### Nutrition Facts

50 servings per container  
Serving size 1 tbsp (9g)  

| Amount per serving |   |  
|--------------------|---|---  
| Calories           | 35 |  
| % Daily Value*    |   |  
| Total Fat         | 0g | 0%  
| Saturated Fat     | 0g | 0%  
| Trans Fat         | 0g | 0%  
| Cholesterol       | 0mg | 0%  
| Sodium            | 0mg | 0%  
| Total Carbohydrate| 1g | 0%  
| Dietary Fiber     | 0g | 0%  
| Total Sugars      | 0g | 0%  
| Includes 0g Added Sugars | 0% |  
| Protein           | 7g |   

*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 100% WHOLE WHEAT BREAD

1 1/4 cups lukewarm water  
2 tablespoons olive oil or vegetable oil  
1/4 cup honey or maple syrup  
3 1/4 cups King Arthur 100% White Whole Wheat Flour  
1/4 cup sunflower, sesame, or flax seeds  
1 tablespoon Vital Wheat Gluten  
1 1/2 teaspoons salt  
1 1/2 teaspoons instant yeast

Mix water, oil and sweetener in a large bowl. In a separate bowl, combine flour, seeds, gluten, salt and yeast; add to the liquids gradually, stirring until the dough holds together. Knead on a floured surface until smooth and just slightly tacky — about 8 to 10 minutes. Place in a greased bowl, cover and let rise until doubled in volume, about 1 to 1 1/2 hours. Shape to fit in greased 8 1/2” x 4 1/2” loaf pan. Let rise until doubled, about 1 to 1 1/2 hours. Bake in preheated 375°F oven for 35 minutes or until an instant-read thermometer inserted in center reads 190°F. Cool on a rack.

**Yield:** 1 loaf.