



# Hard White Wheat

## Cereals & Grains

Cereals and Grains are staples in all diets. Enjoy our large variety of grains, cereals, pastas, and rice.

## Hard White Wheat

Augason Farms Hard White Wheat, when ground into flour, works wonderfully for light colored breads. Because of its light color and high gluten content, it's perfect for French bread and pizza crusts.

## Whole Wheat Brownies

- 1/4 cup applesauce
- 3/4 cup sugar
- 1 egg
- 1/4 cup butter – melted
- 1/4 cup buttermilk
- 1 teaspoon vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/2 cup whole white wheat flour – ground from Augason Farms Hard White Wheat
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup nuts – chopped
- 1/2 cup chocolate chips – optional

Grease an 8"x8" baking pan. In bowl, mix applesauce, sugar, egg, and butter until smooth. Mix in the buttermilk and vanilla. Combine cocoa, flour, baking powder, and salt. Stir into the egg mixture just until incorporated. Spread evenly into the prepared pan. Bake at 350°F for 25 minutes. Cool and cut into squares.

## DIRECTIONS:

Use as called for in favorite recipes.

**Contains allergen:** Wheat.

**INGREDIENTS:** Hard white wheat berries.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 10 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

## Whole White Wheat Bread

- 2 packages active dry yeast
- 1 cup warm water
- 1 cup warm milk
- 1/3 cup honey
- 6 1/2 cups whole white wheat flour – ground from Augason Farms Hard White Wheat
- 2 eggs
- 1/4 cup shortening
- 2 tablespoons salt

Dissolve yeast in warm water in large mixing bowl. Add milk and honey. Beat in 3 cups of the flour and eggs. Beat 100 strokes, or 2-3 minutes on medium mixer speed. Cover and allow to rest 20-30 minutes. Mix in salt and flour 1/2 cup at a time, until dough can be turned out on lightly floured surface to knead. If using a dough hook, add shortening and complete by kneading 8 minutes. If kneading by hand, knead 10-15 minutes, gradually kneading in shortening. Cover and let dough rise in greased bowl until doubled. Punch down and divide in half. Let dough rest while greasing 2 loaf pans. Shape, and place in pans. Let rise until double. Bake for 20 minutes at 375°F.

## Nutrition Facts

Serving Size: 1/4 cup (46g)  
Servings Per Container: 443

Amount Per Serving			
<b>Calories 150</b>		<b>Calories from Fat 5</b>	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 20mg			<b>1%</b>
<b>Total Carbohydrate</b> 33g			<b>11%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 2g			
<b>Protein</b> 6g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 10%	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

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**443 SERVINGS**  
**NET WT. 45 LBS (20.41 kg)**