

Wessex Mill®



Six Seed Bread Flour

Ingredients

Wheat flour, seed blend 9% (linseed, millet, poppy, sunflower, chia), kibbled malted wheat 8%, barley malt flour, calcium carbonate, niacin, iron, thiamine.

Allergen Advice

For allergens, including cereals containing gluten, see ingredients in **bold**.

Nutrition

Typical values	per 100g
Energy	1503kJ/355kcal
Fat	4.5g
of which saturates	0.5g
Carbohydrate	65g
of which sugars	2.0g
Fibre	4.5g
Protein	14g
Salt	0 g

Grown and milled in the UK.



Malted bread flour with seeds. Makes delicious loaves or rolls. Use your own recipe for making bread by hand or in a bread machine. You can use our suggested recipe below.

Large 800g Loaf

Dried yeast	2 tsp
Flour	500g
Salt	1.5 tsp
Olive oil or fat	25g
Sugar (optional)	2 tsp
Water	320ml

Adjust water to suit. If baking in a bread machine use a quick/rapid bake setting.

Always cook flour before consumption.

Store in a cool dry place.
Best Before see back V1



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1.5kg e

CGL_104150

Colours:
cmyk process

