

Wessex Mill®



Mixed Grain Bread Flour

Ingredients

wheat flour, malted wheat flakes 5%, rye flakes 5%, poppy seed 3%, wheat bran, 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	1471kJ/348kcal
Fat	4.2g
of which saturates	0.4g
Carbohydrate	65g
of which sugars	1.7g
Fibre	5.1g
Protein	14g
Salt	0g

Grown and milled in the UK.



King Alfred. King of Wessex

Malted bread flour with seeds and grain flakes. 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.

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1.5kg e

CGL_104150

Colours:
cmyk process



CMYK