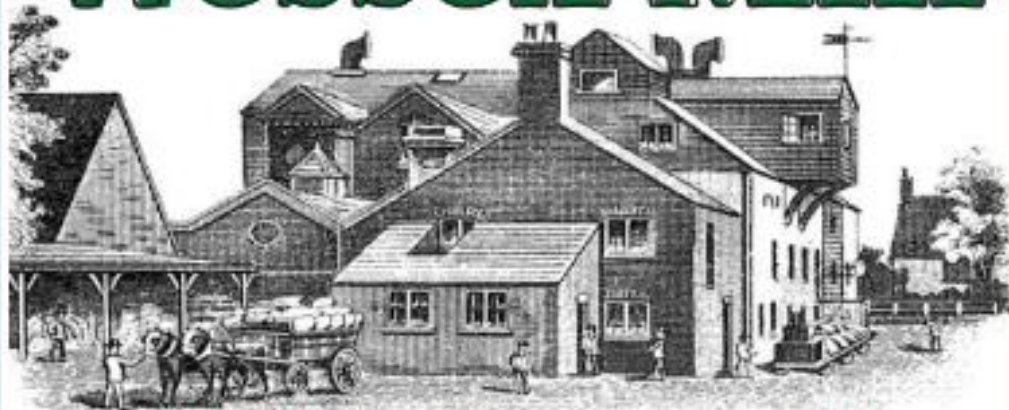


104.000 mm

Wessex Mill®

Wholemeal Bread Flour

Ingredients wheat

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

Nutrition

Typical values	per 100g
Energy	1309kJ/309kcal
Fat	2.2g
of which saturates	0.3g
Carbohydrate	58g
of which sugars	2.1g
Fibre	12g
Protein	14g
Salt	0g

Grown and milled in the UK.



Bread flour made from 100%
of the wheat grain. 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
whole wheat quick/rapid bake
setting.

Always cook flour before
consumption.

Store in a cool dry place.
Best Before see back

V1

1.5kg e



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Wessex Mill, Salisbury Road, Hungerford, North Wessex Downs, RG17 0RF
www.wessexmill.co.uk, hello@wessexmill.co.uk @wessexmill

CGL_104150

Colours:
cmyk process



CMYK