

# *Kansas Wheat Commission 2009 Recipe Book*



*Featuring Recipes from the  
National Festival of Breads*



## Humble Beginnings...National Ambitions

From a humble beginning, the Kansas Festival of Breads has become the nation's premier home bread-baking contest.

Established in 1990, the Kansas Festival of Breads was sponsored by the Kansas Wheat Commission, the Kansas Department of Agriculture and the Kansas Wheat-hearts, a women's auxiliary group of the wheat growers.

The Festival of Breads was designed to celebrate the art of baking, encourage the use of Kansas products, and recognize the Kansas wheat and milling industries. A biennial contest, the Festival of Breads encouraged Kansans to, "get back to their roots and in their kitchens," to bake special recipes for the Kansas Festival of Breads contest.



Viola Unruh was the first winner of The Kansas Festival of Breads. She is pictured here with Patti Hayden, the First Lady of Kansas in 1990.

Originally, five regional contests were held with the top finalists baking their winning bread recipes at the state competition, held on the Kansas State University campus in Manhattan.

More than 250 home baked breads were entered in the first contest. By 2009, the number grew to more than 500 entries.

The categories have evolved over time to include bread machine recipes, rolls and holiday breads. Later, entrants were categorized by age.



2000 winner of the Pan Bread Category Dallas Nelson, with his wife Evelyn

Eventually, in place of regional judging, more than 30 collection sites were

strategically located to provide access to any Kansan who wanted to enter. Breads were collected and transported to Manhattan, KS and judged the following day.

April 3, 2006, was the last Kansas Festival of Breads baking contest and in June 2009, the first National Festival of Breads baking contest, sponsored by the Kansas Wheat Commission and King Arthur Flour, was held in Wichita.

In this year's recipe book, you will find the recipes of the eight finalists at the 2009 National Festival of Breads. For the Special Award Winning recipes, as well as Honorable Mention Winners and numerous other recipes, visit [www.kansaswheat.org](http://www.kansaswheat.org).



### 2009 Festival of Breads Sponsors

King Arthur Flour	Kansas Farm Bureau
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# *Tomato, Basil, and Garlic Filled Pane Bianco*

*Dianna Wara, Washington, Illinois*

*2009 National Festival of Breads Champion*

“My goal in making this bread was to create visually stunning bread that makes you start to drool even before you have taken the first bite. This bread succeeds! This makes great snack bread or a quick, on-the-run bread. My mother-in-law is Italian, so I have worked for a few years to get just the right amount of flavor and authenticity to this bread.”

½ cup warm water (100° - 110°F)

¼ cup granulated sugar

4 teaspoons Fleischmann's® Active Dry Yeast

1 cup warm low-fat milk (100°- 110°F)

1/3 cup extra-virgin olive oil

2 large eggs

2 teaspoons salt

5 - 5 ½ cups King Arthur Unbleached Bread Flour

1 (8.5-ounce) jar oil-packed sun-dried tomatoes, well-drained

¾ teaspoon granulated garlic or garlic powder

1 ½ cups shredded Italian blended cheese, divided

2/3 cup chopped fresh basil

1. In a small bowl, add warm water, sugar, and yeast. Stir and let sit 10 minutes. In the bowl of a stand mixer, add milk, oil, yeast mixture, eggs, and salt. Mix until well combined, about 2 minutes.

2. Stir in enough of the flour to make a soft dough. Knead on a lightly floured surface or with a dough hook 6 to 8 minutes, or until smooth and elastic. Place dough in a greased bowl, turn to grease top. Cover, let rise in a warm place until double, about 45 minutes.

3. Meanwhile, thoroughly drain sun dried tomatoes; lay on paper towel to absorb moisture. Using kitchen shears, finely chop tomatoes. Line two large baking sheets with parchment paper.

4. Punch down dough, divide in half. Roll one piece into a 22 x 8½ - inch rectangle. Sprinkle on half of the garlic, cheese, basil, and tomatoes. Starting with 22-inch side, roll up (jelly-roll fashion) tightly. Pinch edges to seal. Place roll seam-side-down on baking sheet. With scissors, cut lengthwise down center of roll, about 1-inch

deep to within ½-inch of the ends. Keeping cut-side up, form an “S” shape. Tuck both ends under center of “S” to form a “figure eight”; pinch ends to seal.

6. Cover; let rise in a warm place until double, 45 to 60 minutes. Repeat with the remaining dough.

7. Bake the first loaf in a preheated 350°F oven 35 to 40 minutes. Tent loaf with foil after 15 to 20 minutes to prevent overbrowning. Bake remaining loaf.

8. Remove from pan; cool on wire rack. Makes 2 loaves, 20 slices each.

Nutrition information per serving:

One slice provides approximately 106 calories; 4 g protein; 14 g carbohydrate; 1 g dietary fiber; 4 g fat (1 g saturated); 14 mg cholesterol; 31 mcg folate; 1 mg iron and 175 mg sodium.



# Mom's Best Hearty Wheat Bread

Jan Galloway, Columbia, Missouri

“I began experimenting with a whole wheat recipe after I fell in love with flax seed bread that cost \$7 a loaf at the local farmers market. The deep molasses flavor really shines through in this bread, which we usually toast and top with butter, peanut butter, honey, or jams. I make this hearty wheat bread about twice a month.

As a variation, honey may be substituted.”

## STARTER

- 1 cup water
- ½ cup unsulfured, mild molasses *or* honey
- 2 tablespoons Fleischmann's® Active Dry Yeast

## DOUGH

- 4 cups King Arthur Traditional 100% Whole Wheat Flour, divided
- 3 cups King Arthur Unbleached Bread Flour
- 1 cup milled flax seed
- ½ cup nonfat dry milk powder
- 2 tablespoons Kosher salt
- 2 tablespoons vital wheat gluten
- 2 cups warm water (100°- 110°F)
- ½ cup canola oil
- Butter, softened (optional)

1. In a two cup measuring cup, measure water. Pour molasses or honey into cup; let settle to bottom. Do not stir. Microwave on HIGH 1 minute; cool to warm (100° to 110°F). Add yeast; stir slightly into water level only. Set aside until yeast reaches top of cup, about 10 minutes.

2. In mixer bowl, fitted with dough hook, combine 3 cups whole wheat flour, bread flour, flax seed, dry milk, salt, and wheat gluten. Mix 1 minute; scraping bottom of bowl with rubber spatula. Place 2 cups water and oil in glass bowl, and microwave to 110°F.

3. Stir in 2 cups warm water, oil, and starter. Mix on low speed 8 minutes.

4. Sprinkle work surface and hands with whole wheat flour. Knead dough 8 minutes working in enough whole wheat flour to form a smooth and elastic dough.

Place dough in oiled bowl; turn to coat. Cover bowl; let rise in a warm place until double. Tip: plug and fill kitchen sink 1/3 full with warm (115°F) water. Place bowl of dough in water.

5. Punch down dough, divide in half. Cover; let dough rest while preparing pans. Oil two 9 x 5 x 3-inch bread pans. Shape dough into loaves; place in prepared pans. Cover; let rise in warm place until double, about 45 to 60 minutes.

6. Preheat oven to 350°F. Bake until loaves are golden brown and sound hollow when tapped, 45 to 50 minutes.

Tip: rotate pans half way through baking cycle. Tent with foil last 10 to 15 minutes to prevent overbrowning (197°-200°F internal temperature). Remove from pans; brush tops of loaves with butter; cool on wire rack.

Makes 2 loaves, 16 slices each.

Nutrition information per serving:

One slice provides approximately 162 calories; 5 g protein; 25 g carbohydrate; 3g dietary fiber; 5 g fat (.3 g saturated); .14 mg cholesterol; 39 mcg folate; 2 mg iron and 446 mg sodium.



# ABC Wheat Bread

*Marjorie Johnson, Robbinsdale, Minnesota*

I wanted to create nutritious bread for my family and I always have ripe bananas to use. Since I used Apples, Bananas, and Carrots I named it my ABC Bread. Several years ago when I became aware of the health benefits of flax seeds, I added ground flax seeds to my bread and I switched from traditional whole wheat flour to white whole wheat flour. I like to grind the golden flax seeds in an electric coffee mill.

- 1 ½ cups warm water (100°-110°F)
- 4 teaspoons Fleischmann's® Active Dry Yeast
- 1 teaspoon granulated sugar
- 1 cup finely chopped, peeled apples\*
- 1 cup mashed, ripe bananas
- 1 cup finely chopped carrots
- ½ cup nonfat dry milk powder
- 1 tablespoon freshly grated orange peel
- 2 teaspoons salt
- ¼ cup canola oil
- ¼ cup honey
- ½ cup ground golden flax seeds
- 5 cups King Arthur Unbleached White Whole Wheat Flour
- 2 tablespoons vital wheat gluten, (optional)
- 1 ¼ - 1 ½ cups King Arthur Unbleached Bread Flour

1. In electric mixer bowl, combine water, yeast, and sugar. Let stand 5 minutes to proof yeast.

2. Stir in rest of ingredients. Using dough hook knead 5 to 8 minutes on low speed. If dough does not form a ball around the dough hook, add 1 or 2 tablespoons additional flour.

3. Place dough in greased bowl, cover and let rise in a warm place until double. Punch down dough.

4. Divide dough into 3 equal pieces. Roll each piece into a 12 x 8-inch rectangle. Starting with shorter side, roll up as for jelly-roll; seal edges and ends.

5. Place in greased 8 ½ x 4 ½-inch loaf pans. Cover, let rise in warm place until double.

6. Bake in preheated 375°F oven 25 to 30 minutes or until golden brown and done. Remove loaves from pans to wire rack to cool. Brush with butter if desired.

7. Makes 3 loaves, 12 slices each.

\*Note: Marjorie recommends selecting a good cooking apple like Granny Smith, Jonathan, or Honey Crisp.

Nutrition information per serving:

One slice provides approximately 122 calories; 4 g protein; 22 g carbohydrate; 3 g dietary fiber; 2 g fat (.12 g saturated); .13 mg cholesterol; 18 mcg folate; 1 mg iron and 139 mg sodium.



# "Sweet Life" Sweet Potato Focaccia

“  
*Jessie Grearson, Falmouth, Maine*

“This focaccia includes extra nutrition and fiber through its use of sweet potatoes, which adds a glowing, golden color to the dough and a subtle flavor. This recipe is unimimidating, simple to make and incorporates flavors (olive oil, rosemary, and garlic) I often use with sweet potato dishes. This is delicious warm, but it's also enjoyable sliced horizontally and toasted as a sandwich bread.”

## DOUGH

- 1 cup warm water (100°-110°F)
- 1 teaspoon honey
- 2 teaspoons Fleischmann's® Active Dry Yeast
- 1/3 cup extra-virgin olive oil
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon Italian Seasoning
- ½ cup mashed sweet potatoes
- 1 ½ teaspoons salt
- 1 cup King Arthur Traditional 100% Whole Wheat Flour
- 1 cup King Arthur Italian-Style Flour
- 1 - 1 ½ cups King Arthur Unbleached All-Purpose Flour, divided
- 2-3 tablespoons extra-virgin olive oil

## TOPPING

- 1-2 tablespoons yellow cornmeal
- 1 large clove fresh garlic, finely minced
- ½ teaspoon finely chopped fresh rosemary
- 3 tablespoons shredded Asiago cheese
- Freshly ground black pepper, to taste
- Dash of cayenne red pepper, if desired
- 1 - 2 tablespoons extra-virgin olive oil
- Coarse salt, to taste

1. In medium bowl, stir together warm water, honey, and yeast; let stand 2 to 3 minutes. Add olive oil, rosemary, Italian seasoning, sweet potatoes, salt, whole wheat flour, and Italian-Style Flour. Stir vigorously for about 2 minutes.

2. Gradually stir in enough all-purpose flour to make a soft dough. Turn out on lightly floured surface and knead in enough of the remaining all-purpose flour to

make a workable dough; knead 5 - 8 minutes. (Dough will be slightly sticky, but workable). Place in a lightly oiled bowl. Cover; let rise 1 ½ hours in a warm place, or cover dough and let rise six hours or overnight in the refrigerator. Allow dough to warm at least 30 minutes before shaping.

3. Line one 18 x 13 x 1-inch pan with parchment paper and sprinkle with cornmeal. Gently press dough over the cornmeal-dusted paper, stretching dough into a 15 x 11-inch rectangle. Cover with a towel, and let rise 15 to 20 minutes.

4. Preheat oven to 400°F. Dimple the dough vigorously with your fingertips, leaving indentations that are as deep as ½ inch. Sprinkle garlic, rosemary, Asiago cheese, black pepper, and cayenne red pepper over top. Drizzle lightly with olive oil; sprinkle with salt.

5. Bake 15 to 20 minutes or until golden brown. Serve warm or at room temperature.

6. Makes 1 large focaccia, 24 slices.

Nutrition information per serving:

One slice provides approximately 110 calories; 2 g protein; 13 g carbohydrate; 1g dietary fiber; 6 g fat (1 g saturated); 1 mg cholesterol; 24 mcg folate; 1 mg iron and 157 mg sodium.



# Spiced Cranberry Lemon Danish

Nikki Norman, Milton, Tennessee

“Over the years, I’ve used a basic Danish recipe and added different flavors to the dough and changed the filling and glaze. I’ve added a new twist of dried cranberries to the filling and accented their wonderful flavor with lemon, cinnamon, ginger, and almonds. It’s always a hit, so I make a version of this Danish often during the Christmas holidays for hostess gifts or as a special thank you.”

## DOUGH

1 cup sour cream  
½ cup granulated sugar  
1 teaspoon sea salt  
½ cup (1 stick) butter  
2 packages Fleischmann’s®  
Active Dry Yeast  
½ cup warm water (100° - 110°F)  
2 teaspoons fresh lemon peel  
2 large eggs  
4 - 4 ½ cups King Arthur  
Unbleached All-Purpose Flour,  
divided  
1 teaspoon ground cinnamon

## FILLING

2 (8-ounce) packages cream cheese,  
softened (not light cream cheese)  
4 teaspoons fresh lemon juice  
¾ cup granulated sugar  
1 large egg  
¼ teaspoon sea salt  
1 teaspoon vanilla extract  
1 teaspoon almond extract  
1 ½ cups sweetened dried cranberries  
2 tablespoons minced crystallized ginger

## GLAZE

2 cups confectioners’ sugar, sifted  
¼ cup (½ stick) unsalted butter, melted  
1 teaspoon lemon extract  
¼ teaspoon sea salt  
2-3 tablespoons milk or heavy cream  
Sweetened dried cranberries and sliced  
almonds (optional)

1. In a small saucepan, over medium-low heat, combine sour cream, sugar, salt, and butter. Cook, stirring frequently, until mixture is warmed and butter is melted. Remove from heat and let cool to 105° F.

2. In the meantime, combine yeast and warm water in a small bowl. Stir until dissolved and set aside.

3. In large mixer bowl, add cooled (105°F) sour cream mixture. Stir in yeast mixture. On low speed add lemon peel and eggs, one at a time. Add 4 cups flour and cinnamon; mix 2 minutes on low speed. Cover bowl; refrigerate dough overnight or at least 12 hours.

4. Remove dough from refrigerator. To prepare filling, beat cream cheese, lemon juice, sugar, egg, salt, vanilla extract, and almond extract. Beat until light and fluffy.

5. Divide dough into 4 portions. On lightly-floured surface, roll out each portion into a 12 x 8-inch rectangle. Cut each rectangle in half lengthwise.

6. Spread cream cheese mixture over rectangles, leaving ½ inch on edges free of mixture for ease in sealing edges. Sprinkle cranberries and crystallized ginger over each rectangle. Starting with 12-inch side, roll up (jelly-roll fashion) tightly.

7. Preheat oven to 375°F. Twist two rolls together. Pinch ends; turn under and pinch to seal. Place two Danishes on a parchment-lined baking sheet.

8. Immediately bake Danish 14 to 17 minutes, or until lightly browned. Remove from oven and place on wire rack. Repeat for remaining Danish.

9. While Danish is cooling on rack, prepare glaze. In small bowl, combine confectioners’ sugar, butter, lemon extract, salt, and milk; beat until smooth. Place a dollop of glaze on each warm Danish and spread with a spatula. If desired, garnish with dried cranberries and almonds. Serve warm or at room temperature.

Makes 4 large Danishes, 8 servings each.

Nutrition information per serving:

One slice provides approximately 245 calories; 4 g protein; 34 g carbohydrate; 1 g dietary fiber; 11 g fat (7 g saturated); 52 mg cholesterol; 32 mcg folate; 1 mg iron and 161 mg sodium.



# Healthy Homemade Bread

Tanna Richard, Cedar Rapids, Iowa

“I developed this recipe because I needed a tasty bread recipe that would be easy on the budget and easy to prepare at home. As a busy mom of three young children, I really wanted to make our own bread for health and economic reasons. The problem was that many of the recipes I found really didn't replicate the taste and texture of the store-bought breads that my family enjoyed. So, I developed this recipe, keeping an eye to the taste and texture and trying to add additional bits of packed nutritional value. The produced bread far surpassed any bread from the store and with the time-saving methods I incorporated, it is faster to make than loading the kids in the van to go buy the bread!”

1 cup King Arthur Traditional 100% Whole Wheat Flour  
½ cup wheat germ  
½ cup quick-cooking oats, uncooked  
1 tablespoon salt  
1 tablespoon Fleischmann's® RapidRise Yeast  
2 ¼ cups very warm water (120° - 130°F)\*  
1/3 cup honey  
1/3 cup canola oil  
4 - 4 ½ cups King Arthur Unbleached Bread Flour

\*Gauge water temperature with thermometer.

1. In mixing bowl, stir together whole wheat flour, wheat germ, oats, salt, and yeast. Stir in water, honey, and oil; beat 2 minutes. Gradually stir in 3 cups bread flour to make a slightly sticky dough.
2. Turn dough onto a lightly floured surface; knead in enough remaining flour to make a smooth and elastic dough. Knead 8 to 10 minutes by hand or with dough hook.
3. Divide dough in half. To shape: form dough to fit into 2 oiled 8 ½ x 4 ½ -inch bread pans; press dough down to fill pan. Smooth top. Cover loaves with a damp towel; let rise in a warm place until double, about 1 to 1 ½ hours.

4. Bake in preheated 350°F oven 35 to 40 minutes or until golden brown and done. Tent with foil last 15 minutes to prevent overbrowning. Remove from pans and cool on wire rack.

Makes 2 loaves, 16 slices each.

Nutrition information per serving:

One slice provides approximately 108 calories; 3 g protein; 18 g carbohydrate; 1 g dietary fiber; 3 g fat (.18 g saturated); 0 mg cholesterol; 37 mcg folate; 1 mg iron and 219 mg sodium.



# Cranberry and Lemonade Cream Rolls

Judy Reynolds, Bloomington, Indiana

“This is an original recipe created specifically for the National Festival of Breads competition. I have been fascinated with bread making since I was a teenager.”

2 packages Fleischmann's®  
Active Dry Yeast  
½ cup warm water (100° - 110° F)  
2 teaspoons granulated sugar  
½ cup (1 stick) salted butter,  
softened  
½ cup granulated sugar  
1 teaspoon salt  
2 large eggs, beaten  
1 (5-ounce) can evaporated  
milk  
½ cup lemonade concentrate,  
room temperature\*  
5 - 5 ¼ cups King Arthur  
Unbleached All-Purpose  
Flour, divided  
½ teaspoon ground cardamom  
1 cup slivered almonds, coarsely  
chopped  
1 large egg beaten with  
1 tablespoon lemonade concentrate, for egg wash

## CRANBERRY LEMONADE FILLING

2 cups sweetened dried cranberries,  
chopped  
½ cup lemonade concentrate  
¼ cup 100% cranberry juice

## LEMONADE CREAM FILLING

1 (8-ounce) package cream cheese,  
softened  
3 tablespoons lemonade concentrate  
1 tablespoon salted butter, softened  
3 tablespoons granulated sugar

## CREAMY LEMONADE GLAZE

2 cups confectioners' sugar, sifted  
¼ cup (½ stick) salted butter, softened  
2 tablespoons sour cream  
3-4 tablespoons lemonade  
concentrate

\*Note: 1 (12-ounce) can frozen lemonade concentrate, thawed, is needed

1. Whisk the yeast into the water. Add 2 teaspoons sugar and let rest until the yeast has dissolved, about 5 minutes.
2. In mixer bowl fitted with a paddle, beat butter, sugar, and salt until light and fluffy, about 2 minutes. Stir in eggs, milk, and room temperature lemonade concentrate; mix until well blended. Stir in yeast mixture.
3. In medium bowl, combine flour and cardamom. Gradually add 4 cups to the butter/yeast mixture; beat at low speed 2 minutes or until well blended. Gradually add enough remaining flour to form a soft dough.
4. Knead dough by hand or with dough hook 8 to 10 minutes or until smooth and elastic. Place dough in a greased bowl; turn to grease top. Cover; let rise in warm place until double, about 2 hours.

5. To prepare Cranberry Lemonade Filling, combine cranberries, lemonade concentrate, and cranberry juice in a medium saucepan. Bring to a boil, over medium heat, stirring constantly. Reduce heat; simmer until thick, stirring occasionally until all liquid has been absorbed. Remove from heat and cool.

6. To prepare Lemonade Cream Filling, combine cream cheese, lemonade concentrate, butter, and sugar in mixer bowl. Blend until smooth and creamy; chill.

7. Punch dough down. Divide the dough in half and shape one piece into a 12 x 11-inch rectangle. Spread half the Lemonade Cream Filling to within ½-inch of each side. Spoon half the Cranberry Lemonade Filling and half of the almonds on top. Starting with 11-inch side, roll up as for jelly-roll; seal edges and ends. Cut roll into 6 even slices. (Tip: using an electric knife does not flatten the rolls.) Repeat process with remaining dough.

8. Place rolls on two greased or parchment paper lined 15 x 10-inch cookie sheets. Cover; let rise until double, about 40 to 50 minutes.

9. Whisk together egg and 1 tablespoon lemonade concentrate. Brush over rolls.

10. Bake in preheated 350° F oven 25 to 30 minutes or until golden brown. Remove from cookie sheets to wire rack. In small bowl, blend Creamy Lemonade Glaze ingredients until smooth. Spoon glaze over warm rolls.

Makes 12 rolls.

Nutrition information per serving:

One roll provides approximately 657 calories; 11 g protein; 109 g carbohydrate; 3 g dietary fiber; 22 g fat (11 g saturated); 102 mg cholesterol; 101 mcg folate; 4 mg iron and 385 mg sodium.



# Bacon Onion Baby Brioche

*Gloria Piantek, West Lafayette, Indiana*

“The brioches are easy and quick to make. Mix the batter and let it rise once for fresh yeast rolls. I sometimes make these brioches without the cheese cube inside.”

- ½ cup skim milk
- 1 tablespoon fresh lemon juice
- ¼ cup warm water (100°- 110°F)
- 1 teaspoon granulated sugar
- 1 package Fleischmann's® Active Dry Yeast
- ½ tablespoon dry minced onion
- 1 large egg
- 5 tablespoons butter, softened
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 3 cups King Arthur Unbleached All-Purpose Flour, divided
- ½ cup fully cooked real bacon bits
- 1 ½ ounces hot pepper Monterey Jack cheese (block; not shredded)

## TOPPING

- 1 large egg, beaten
- 1 tablespoon water
- 2-3 tablespoons finely crushed French Fried Onions

1. In measuring cup, combine milk and lemon juice; set aside. In small bowl, combine warm water and sugar; stir in yeast and set aside 5 to 10 minutes.

2. In mixing bowl, add milk mixture, yeast mixture, onion, egg, butter, sugar, baking powder, salt, and 1½ cups flour; beat 2 minutes on medium speed. Add bacon. Gradually add enough of the remaining flour to make soft dough. Beat 3 minutes on medium speed. Using dough hook, knead dough 4 minutes or until dough forms a smooth ball.

3. Grease 12 brioche or muffin cups. Cut cheese into 12 (1/8 ounce) cubes.

4. Divide dough into 12 equal balls; remove 1 teaspoon dough from each ball, forming 12 small balls. Place one large ball of dough into each cup. With finger, make a deep indentation in center. Place cheese cube inside indentation. Place small ball in the indentation, lightly seal edges with fingertips.

5. Cover; let rise in warm place until double, about 45 minutes. In small bowl, beat together egg and water; brush on brioches. Lightly sprinkle with crushed onion crumbs.

6. Bake in preheated 350°F oven 20 to 25 minutes or until golden brown. Remove from baking pans after 3 to 5 minutes. Serve warm with soft butter.

Makes 12 brioches.

Nutrition information per serving:

One Brioche provides approximately 225 calories; 8 g protein; 27 g carbohydrate; .7 g dietary fiber; 10 g fat (5 g saturated); 55 mg cholesterol; 55 mcg folate; 2 mg iron and 358 mg sodium.



*Get Your Recipes Ready Now for the  
2011 National Festival of Breads!*



KANSAS WHEAT COMMISSION

*Coming to Wichita, Ks  
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