



48
SERVINGS



**SHELF LIFE UP TO
10 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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.

**FOOD STORAGE
EMERGENCY
EVERYDAY FOOD**

Honey Wheat Bread & Roll Mix

Nutrition Facts	
Serving Size: 1/4 Cup (34g dry) Servings Per Container: 48	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
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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DIRECTIONS:	BY HAND	BREADMAKER	
	<i>3-1 lb loaves</i>	<i>sm loaf</i>	<i>lg loaf</i>
Warm water	2 1/4 cups	3/4 cup	1/4 cups
Vegetable oil	1/3 cup	2 Tbsp	3 Tbsp
Instant dry yeast	*2 Tbsp	1 1/4 tsp	2 tsp
Bread mix	6 cups	2 cups	3 cups

** or 2 each 1/4 ounce active dry yeast packets.*

1. Dissolve yeast in water.
2. Add oil and bread mix, then knead until dough is smooth and elastic. (If using electric mixer with dough hook, mix on 2nd speed for 10-20 minutes or to full development.)
3. Let rest for 15 minutes. Place a towel or cloth over dough.
4. For Bread: Divide into 3 pieces, shape into loaves, and place into well greased bread pans. Let rise in pans until dough is approximately 1 inch over top of pan (about 30-40 minutes).
5. For Rolls: divide into 36 - 1" balls and place on a baking sheet until dough has doubled in size.
6. Cover dough with towel while rising.
7. Place in preheated oven (400° F) and bake. Bread: 20-25 minutes. Rolls: 12-15 minutes.
8. Remove from oven and butter tops.
 - Dough is thoroughly developed when you can take a small piece (half dollar size) and pull it to form a paper thin sheet.
 - If dough is too stiff to knead easily, add a little more water to produce a slacker and easier to handle dough.

INGREDIENTS: Unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole wheat flour, wheat bran, brown sugar, vital wheat gluten, salt, sugar, soybean oil, nonfat dry milk, honey powder (refinery syrup, honey), dough enhancer (bleached wheat flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid), whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), lecithin powder (liquid lecithin, defatted soy flour, dolomite).

Contains allergens: Milk, eggs, soy and wheat.

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