

SINCE 1843
HECKERS
 UNBLEACHED®

RECIPE

Heckers Orange Surprise Muffins

- 2 1/4 cups Heckers Unbleached All-Purpose Flour
- 2 teaspoons baking powder
- 1 egg
- 3/4 cup orange juice
- 3/4 cup honey
- 1/4 cup vegetable oil
- 1 tablespoon grated orange rind
- Non-stick cooking spray
- 1/2 cup Polaner® All Fruit® Raspberry Fruit Spread

Preheat oven to 350°F. In a large bowl combine flour and baking powder. Combine egg, orange juice, honey, oil and grated orange rind; add to flour mixture. Stir until just moistened. Spray a muffin tin with non-stick cooking spray. Fill cups 1/3 full with batter, top with 1 teaspoon of All Fruit Raspberry Fruit Spread, then top with enough batter to fill each cup two thirds full. Bake in preheated oven 20 to 25 minutes or until toothpick inserted into the center comes out clean.

Makes 12 muffins

RECIPE

CHALLAH

- 5-5 1/2 cups Heckers Flour, sifted
- 3/4 cup sugar
- 1 1/2 tsp. salt
- 1/2 cup butter or margarine
- 3 eggs lightly beaten
- 1 cup lukewarm water (110-115°)
- 1 tbs. active dry yeast
- Egg Wash: 1 beaten egg + 1 tsp. water
- Sesame seeds (optional)

In a large mixing bowl combine 5 cups flour, 3/4 cup sugar and 1 1/2 tsp. salt. In another bowl melt 1/2 cup butter and cool. Combine with 3 beaten eggs. Dissolve yeast in 1 cup lukewarm water (110-115°). Mix with egg and butter mixture, and then add liquid to dry ingredients. Mix only until all dry ingredients are moistened and a soft dough results. If dough is sticky add some of the additional flour.

Turn dough onto lightly floured surface and knead firmly for 10 minutes. Place dough in a lightly greased bowl. Cover well with a damp cloth and place in a warm place. Allow to rise 1 1/2 hours or until doubled. "Punch down"– knead dough lightly to expel bubbles. Divide dough in half. Separate each half into 3 sections. Roll each section between hands to form long rolls. Place each section on a greased cookie sheet, braiding the 3 sections into a loaf. Pinch ends to seal and tuck under. Repeat with other half. Both loaves will fit on one large cookie sheet. Allow to rise 45 minutes or until doubled in size. Brush with wash, sprinkle with sesame seeds (optional).

Preheat oven to 375°. Place bread in oven, reduce heat to 350° and bake 30-35 minutes. Bake until golden brown and loaf sounds hollow when tapped on the bottom. Cool loaves on rack. ENJOY!

Yield: 2 loaves

QUALITY FLOUR UNDER 2 LABELS
HECKERS® & CERESOTA®
 © Reg. T.M. of The Uhlmann Company

5 LB. HECKERS FLOUR



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 PROOF OF PURCHASE SEAL

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HECKERS



A Message from the President

My family has milled Heckers Unbleached Flour for over three generations. We start with a special blend of premium wheat that has more protein than any of the other leading brands. Then, we let it whiten naturally—no chemicals, no bleaching agents and no bromate. "Unbleached Forever" is our motto. What does this mean to you, our customer? It means you're using a natural product that will produce consistently better results in all your baked goods.

Since 1843, Heckers has simply been the best. After all this time, we think we know about making a quality flour and hope you agree. May we continue to deserve your loyalty.

Paul Uhlmann III

Heckers Flour Facts

- Heckers is **perfect** for Bread Machines because of its **higher GLUTEN** (protein) content. Since Bread Machines vary, we suggest you use the recipes packed with your machine and use only Heckers Flour.
- Heckers is an **All Purpose Flour** that can be used in **ANY** recipe calling for All Purpose Flour.
- For all of your recipes calling for Whole Wheat, look for Heckers Stone Ground Whole Wheat Flour in our **convenient** 2-lb bag.

SINCE 1843

HECKERS



Unbleached Forever!®

All Purpose Flour

NET WT. 5 LBS. (2.26 Kg.)

Nutrition Facts

Serving Size 1/4 cup (30g)
 Servings Per Container 75

Amount Per Serving		Calories from Fat 0	
Calories 100		% Daily Value	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Potassium 35mg			1%
Total Carbohydrate 22g			7%
Dietary Fiber < 1g			3%
Sugars < 1g			
Protein 3g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 6%	
Thiamine 10%		Riboflavin 6%	
Niacin 8%		Folic Acid 10%	

INGREDIENTS: UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

ALLERGEN INFORMATION: CONTAINS WHEAT

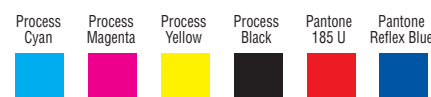
CONTAINS NO BLEACHING AGENTS OR PRESERVATIVES

QUALITY THAT'S GUARANTEED

Since 1843, Heckers Unbleached Flour has been the highest quality flour available for all your baking needs. If, for any reason, you are not satisfied with the quality of our flour, please send your name, address, and reason for dissatisfaction with the entire bag bottom and price paid to: The Uhlmann Company, P.O. Box 419410, Kansas City, MO 64141-6410. We will promptly send you a refund.

MANUFACTURED SPECIALLY FOR THE UHLMANN COMPANY
 KANSAS CITY, MO 64141 U.S.A.
 800-383-8201

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