



Ingredients	Volume	Grams	Percent
Salted Butter	4 tbsp	56.7	15.4
Chicken or Beef Stock	1-1/4 cup	283.5	76.8
Insta Grains® Soft White Wheat Flour	1 tbsp	14.2	3.9
Sprouted Wheat Flour Toasted Medium	1 tbsp	14.2	3.9

Method

- Melt butter in pan.
- Add 50:50 dry blend and whisk together quickly and thoroughly until smooth. 2.
- 3. Add stock while stirring constantly until desired consistency.
- 4. Remove from heat and serve.

