

Put a little Mardi Gras  
in Your Life!

Enjoy a **King  
Cake**



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### The Cake

A delicious egg-rich dough with your choice of filling—either almond or cinnamon. (See ingredients list below.) The cake is frosted and topped with three colors of sugar to remind you of the three kings.

These traditional Carnival colors are green for Faith, gold for Power, and purple for Justice. The oval shape is intended to represent unity.

### The Story

Taking its name from the three kings in the Christian Christmas story, tradition says their journey to Bethlehem took twelve days. Their arrival is celebrated as Epiphany, twelve days after Christmas. The season for King Cake is from Epiphany through the end of Mardi Gras, which is also known as Fat Tuesday. It is the day preceding the beginning of the season of Lent in the Christian calendar.

The tradition in the United States was carried over from France and Spain. It has been here since the eighteenth century.

### The Trinket

Your Great Harvest King Cake has a trinket in the box. If you want to follow the tradition you can carve a hole underneath the cake and insert the trinket. One person will ultimately get the trinket in their slice of cake.

### The Obligation

#### Associated with The Trinket

The person who gets the trinket may be declared king (or queen) for the day. Sometimes the king is expected to host the next Mardi Gras party (which may be the following year or the following week).

Elementary school children enjoy King Cake parties and the person who gets the trinket is required to bring the cake for the following week.

In an office workplace you might have the person with the trinket bring the next cake and let it go at that.

**Enjoy the fun!**  
**It's winter!**  
**We can all use a**  
**reason to celebrate!**



**Bonnie's Neighborhood  
Bread Business**

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#### Ingredients for King Cakes:

##### Almond King Cake:

Fresh ground whole wheat flour, unbleached white flour, honey, eggs, cane sugar, cream cheese, almond paste, butter, yeast, salt. **CONTAINS: Wheat, Eggs, Almonds, Dairy**

##### Cinnamon King Cake:

Fresh ground whole wheat flour, unbleached white flour, honey, eggs, cane sugar, cream cheese, butter, yeast, cinnamon, salt. **CONTAINS: Wheat, Eggs, Dairy**