



Give Your Family More of the Good Stuff!

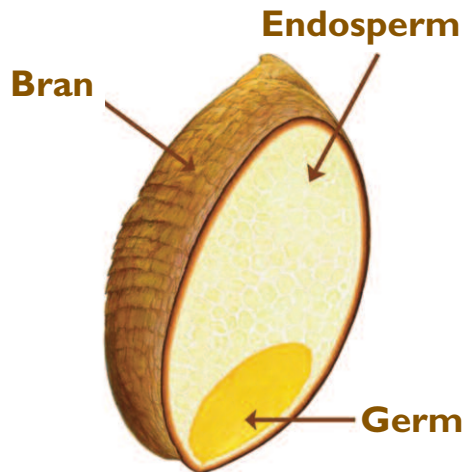


Whole Wheat Flour Basics

Shop and Save

- ✿ Buying from bulk bins might cost less and allows you to purchase just what you need.
- ✿ Buy an amount you can use within a month or two to be sure of freshness.
- ✿ Look for tightly sealed bags or boxes.
- ✿ Check the “best used by” date on packages and choose the most time.
- ✿ Flour should smell faintly sweet or have no aroma at all. Rancid flour smells and tastes sour or slightly bitter. It won't make you ill but the taste is not pleasant even after baking.

Whole grains may reduce the risk of heart disease and help with weight management.



Wheat Kernel

WholeGrainsCouncil.org

Types of Whole Wheat Flour

Whole grain flours contain all three parts of the grain kernel – bran, germ and endosperm while refined flours have only the endosperm which reduces fiber, iron and other nutrients.

Whole Wheat Flour – a general purpose flour that can be used for most baked products. It has a stronger wheat flavor and darker color than refined flour. Baked products will have a more compact and heavy texture.

White Whole Wheat Flour – made from wheat with a bran layer that is white rather than tan. It can be used for most baked products. They will have the nutritional benefits of whole grain but a more mild taste and lighter color than the more common whole wheat flour.

Whole Wheat Bread Flour – contains more gluten proteins desirable for yeast breads. It would be less desirable for other baked products.

Whole Wheat Pastry Flour – a finely milled flour with lower protein content. It can be used for most baked products except yeast bread. Texture of baked products will be lighter than if made with other whole wheat flours.

Store Well Waste Less

- Heat, air and moisture speed up the spoilage of whole wheat flour.
 - Store in a cool, dry place
 - Use airtight containers or re-closable plastic bags to keep out moisture and insects.

- Whole wheat flours will keep for 1 to 3 months on a cool, dry cupboard shelf. For best quality over a longer time, store in the refrigerator or the freezer (2 to 6 months).
- Track freshness by marking the purchase date on the package.



Measure Whole Wheat Flours

- Stir to loosen the flour
- Spoon lightly into a dry measuring cup
- Level with a straight-edged knife or spatula



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Whole Wheat Flour

Banana Pancakes



At least 70% of kid taste testers 'Liked!' the taste.

Ingredients:

- 2 eggs
- 1 ½ cups non-fat or 1% milk
- 1 Tablespoon sugar
- 3 Tablespoons oil
- 2 bananas, mashed
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder

Directions:

1. In a medium bowl, beat eggs to blend. Add milk, sugar, oil and bananas; mix well.
2. In a separate bowl, stir together flours and baking powder. Add to liquids; mix until blended.
3. Lightly spray a large skillet or griddle with cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat.
4. Pour ¼ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Turn pancakes over and cook until golden brown on the bottom.
5. Serve warm topped with applesauce, fresh fruit or yogurt.
6. Refrigerate or freeze leftovers within 2 hours.

Makes 16 pancakes

Prep time: 15 minutes

Cook time: 5 minutes per batch



Go to FoodHero.org for recipes using whole wheat flour

Whole Wheat Yogurt Rolls

Ingredients:

- 1 ½ cups whole wheat flour
- 1 ¾ teaspoon baking soda
- 1 teaspoon salt
- 1 ¼ cups low-fat plain yogurt

Directions:

1. Preheat oven to 450 degrees F.
2. Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
3. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
4. Place on baking sheet and flatten each ball to ½ inch thick.
5. Bake for 10 to 15 minutes, until light golden brown. Serve warm with a soup or salad.

Makes 10 rolls

Prep time: 10 minutes

Bake time: 10 to 15 minutes

Eat More Whole Grains

- ☀ Look for whole wheat flour as one of the first ingredients on a product you buy – breakfast cereals, pasta, breads.
- ☀ Substitute whole wheat flour for up to half the flour in a recipe - try it in cookies, pancakes, pizza crust, muffins or breads.



Depending on their skills, show kids how to:

- ☀ Measure flours and other dry ingredients
- ☀ Mash bananas
- ☀ Crack and beat eggs
- ☀ Use a ¼ cup measuring cup to dip and pour batter

