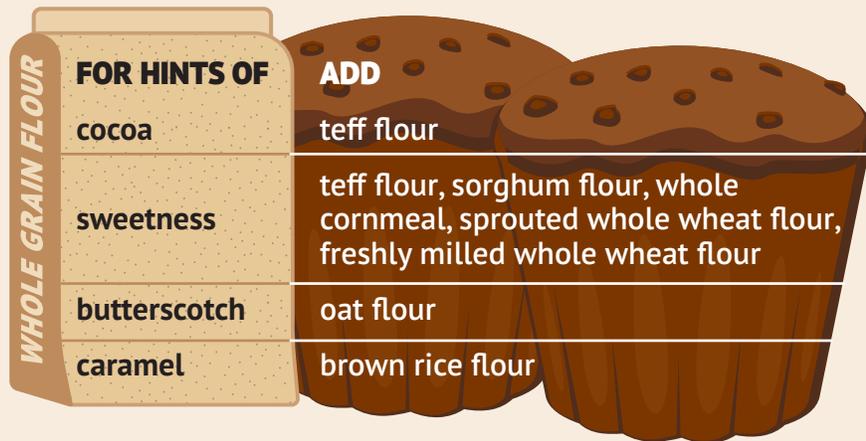


# IMPROVE YOUR BAKING WITH WHOLE GRAINS

## Elevate Your Baked Goods with Different Whole Grain Flours

All-purpose flour is a bland blank slate.

Add **MORE FLAVOR** to your baked goods by **SWAPPING** in different whole grain flours.



“When I switched to whole grains, the greatest revelation was a world of flavor I had been stubbornly resisting for years.”

— Alice Waters  
*My Pantry*

## Tips from the Whole Grains Council

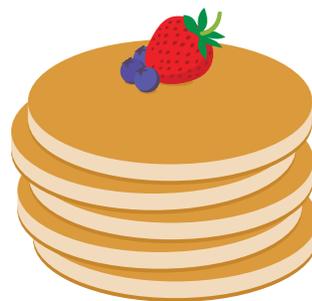
- Store your whole grain flour in the freezer to keep it tasting fresh for longer
- In cookies, pancakes, and quick breads, substitute whole grain flour for all-purpose flour 1:1
- In yeast breads, substitute whole wheat flour for half of the all-purpose flour
- Use fresh whole wheat flour for the best taste
- Substitute 2-3 tablespoons of the liquid in the whole grain recipe with orange juice for sweetness
- Choose a different whole grain recipe each week (like whole grain pizza crust, bread, and granola) and learn which ones you like best

## Prone to overmixing? Not a problem with whole grains!

Mixing develops the elastic gluten to help baked goods rise. But in foods leavened with baking soda or baking powder, overmixing white flour makes this “elastic” so thick that air bubbles can’t expand.

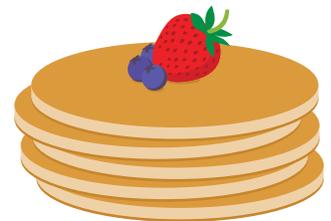


With **whole wheat flour**, bran cuts the gluten strands, allowing baked goods to expand even if overmixed.



“overmixed” pancakes made with whole wheat flour

**REMAIN FLUFFY**



“overmixed” pancakes made with all-purpose white flour

**GET CHEWY**

Flip over for a delicious whole grain muffin recipe!

# Oldways' Whole Grain Blueberry Muffins



*These muffins are the essence of a New England summer, featuring blueberries and maple syrup. A mix of whole wheat and oats makes them 100% whole grain.*

Active time: 10 minutes

Total Time: 30 minutes

Yield: 12 muffins

## Ingredients

- |  |                           |
|--|---------------------------|
| 3 tablespoons canola oil                         | 1 cup rolled oats         |
| ½ cup pure maple syrup                           | 2 teaspoons baking powder |
| 1 cup plain low-fat yogurt<br>(regular or Greek) | ¾ teaspoon salt           |
| 1 egg  | ½ teaspoon cinnamon       |
| 1 teaspoon vanilla extract                       | ¼ teaspoon baking soda    |
| 1½ cups whole wheat pastry flour                 | 1 cup fresh blueberries   |



## Instructions

1. Preheat oven to 400°F and prepare a 12-cup standard muffin tin with spray, butter and flour, or paper baking cups.
2. Measure the oil into a measuring cup, then add the maple syrup. (The syrup slips easily from the measuring cup due to the oil.) Pour oil and syrup into a large bowl, then add yogurt, egg, and vanilla. Beat vigorously with a spoon or whisk until everything is well-mixed.
3. In a separate bowl, thoroughly combine all dry ingredients except the blueberries. Then stir the dry ingredients and the blueberries into the wet ingredients, until moistened.
4. Spoon the batter into the muffin tin, filling each cup just short of the top.
5. Bake for 18-20 minutes, until tops are browned and a toothpick comes out clean.
6. Remove from oven and cool for 10 minutes before removing to a cooling rack.

### Nutrition Facts (per muffin)

Calories: 164 | Fat: 5g (1g saturated fat) | Sodium: 194mg | Carbohydrates: 27g | Fiber: 3g | Protein: 4g

For more whole grain recipes and baking tips, visit:

**WholeGrainsCouncil.org**