



Give Them More  
of the  
Good Stuff!

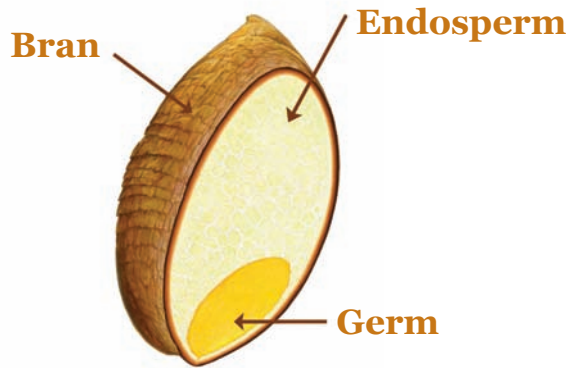
# Whole-Wheat Flour Basics



## Shop and Save

- ☀ Whole-wheat flour sold in bulk bins may cost less than packaged flour.
- ☀ The “best if used by” date on a package tells how long the manufacturer expects the flour to stay fresh. Proper storage can extend your flour’s shelf life.
- ☀ Fresh flour has very little smell. Spoiled flour will smell sour or bitter. Cooking with spoiled flour will not make you ill, but the taste is not pleasant.

Whole grains may reduce the risk of heart disease and support healthy digestion and body weight.



## Wheat Kernel

Whole-wheat flour is a whole grain because it contains all three parts of the wheat kernel - the bran, germ and endosperm. All-purpose white flour contains only the endosperm, which has less fiber and other nutrients.

## Types of Whole-Wheat Flour

**Whole-Wheat Flour**—made from wheat with a red bran layer. It adds a hearty texture and nutty flavor to baked goods.

**White Whole-Wheat Flour**—made from wheat with a white bran layer. The wheat flavor is milder and the color is lighter than ordinary whole-wheat flour.

**Whole-Wheat Bread Flour**—made from wheat with a higher protein content, which is best for yeast breads.

**Whole-Wheat Pastry Flour**—made from wheat with a lower protein content. The texture of baked products will be lighter than if made with ordinary whole-wheat flour.

Flour is a raw food. To avoid sickness from bacteria, do not eat or taste raw flour, dough or batters before cooking.

## Store Well Waste Less

☀ Heat, light, air and moisture speed the spoilage of whole-wheat flour.

- Place in an airtight container to keep out moisture and insects.
- Mark container with the date you bought the flour.
- Store in a cool, dry and dark place.
- ☀ When stored well, whole-

wheat flour will stay fresh for:

- 1 to 3 months at room temperature.
- up to 6 months in the refrigerator.
- up to 1 year in the freezer.

## Measuring Whole-Wheat Flour

- 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 Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Cooking with Whole-Wheat Flour

## Banana Pancakes

### Ingredients:

2 eggs

1 ½ cups non-fat or 1% milk

1 Tablespoon sugar

3 Tablespoons vegetable oil

2 bananas, mashed

¾ cup whole-wheat flour

¾ cup all-purpose flour

2 teaspoons baking powder

### Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix together eggs, milk, sugar, oil and bananas.
3. In a separate bowl, stir together flours and baking powder. Add to liquids and mix until blended.
4. Heat a lightly greased skillet or griddle over medium-high heat.
5. 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.
6. Serve warm topped with yogurt or any fruit or fruit sauce.
7. Refrigerate or freeze leftovers within 2 hours.

**Makes** 16 pancakes

**Prep time:** 15 minutes

**Cook time:** 5 minutes per batch



At least 70% of kid taste-testers liked the taste



Go to [FoodHero.org](https://www.foodhero.org) for recipes using whole-wheat flour

## Whole-Wheat Yogurt Rolls

### Ingredients:

1½ cups whole-wheat flour

1¾ teaspoon baking soda

1 teaspoon salt

1¼ cups low-fat plain yogurt

### Directions:

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

**Makes** 10 rolls

**Prep time:** 10 minutes

**Cook time:** 10 to 15 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ measure flour and other dry ingredients.
- ✿ mash bananas.
- ✿ dip and pour pancake batter.

## Enjoy More Whole Grains

- ✿ Look for whole-wheat flour as one of the first ingredients on products such as breakfast cereals, pasta and breads.
- ✿ Substitute whole-wheat flour for up to half the all-purpose flour in a recipe. Try it for cookies, pancakes, pizza crust, muffins and breads.