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

All-purpose flour is a bland blank slate.

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

Elevate Your Baked Goods with Different Whole Grain Flours

FOR HINTS OF cocoa
ADD teff flour
teff flour, sorghum flour, whole cornmeal, sprouted whole wheat flour, freshly milled whole wheat flour

sweetness
oat flour

butterscotch
brown rice flour

caramel

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!

WholeGrainsCouncil.org
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
- ½ cup pure maple syrup
- 1 cup plain low-fat yogurt (regular or Greek)
- 1 egg
- 1 teaspoon vanilla extract
- 1 ⅓ cups whole wheat pastry flour
- 1 cup rolled oats
- 2 teaspoons baking powder
- ¾ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon baking soda
- 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