



## FLOUR, WHOLE WHEAT

Date: October 2012 Code: 100410

### PRODUCT DESCRIPTION

- Whole wheat flour is made from U.S. No. 2 or better ground red or white wheat. Whole wheat flour is a whole grain product, which means it contains all parts of the wheat kernel when ground.

### PACK/YIELD

- Whole wheat flour is packed in a 5-pound package, which is about 19 cups flour.

### STORAGE

- Store unopened packages of whole wheat flour in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Whole wheat flour may be stored in the refrigerator in an air tight container not made from metal.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Use whole wheat flour to make a variety of baked goods such as muffins, breads, cakes, and cookies.
- Whole wheat flour can be substituted for some of the white flour in recipes. Use 1 part whole wheat flour for every 3 parts white flour (for example, if a recipe calls for 1 cup of flour, use 1/4 cup whole wheat flour and 3/4 cup white flour).
- Using whole wheat flour in recipes may result in crunchier, thicker foods.

### NUTRITION INFORMATION

- 1/4 cup of whole wheat flour counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1/4 cup of whole wheat flour has 15% of the daily recommended amount of fiber.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 1/4 cup (30g) whole wheat flour

#### Amount Per Serving

<b>Calories</b>	100	<b>Calories from Fat</b>	5
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#### % Daily Value\*

<b>Total Fat</b> 0.5g			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 190mg			<b>0%</b>
<b>Total Carbohydrate</b> 22g			<b>7%</b>
Dietary Fiber 4g			<b>15%</b>
Sugars 0g			
<b>Protein</b> 4g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet.

## CHOCOLATE CHIP COOKIES

MAKES ABOUT 16 SERVINGS

### Ingredients

- Nonstick cooking spray
- ½ cup packed brown sugar (or use ½ cup regular sugar)
- ¼ cup white sugar
- ¼ cup margarine
- ¼ cup peanut butter
- 1 teaspoon vanilla extract
- 1 egg
- ½ cup regular oats, dry
- ½ cup whole wheat flour
- ½ teaspoon baking powder
- ½ cup chocolate chips

### Directions

1. Heat oven to 350 degrees F. Coat a baking sheet with nonstick cooking spray.
2. In medium-size bowl, mix brown sugar, white sugar, margarine, peanut butter, vanilla, and eggs until creamy.
3. Add oats, flour, baking powder, and chocolate chips and mix well.
4. Drop by the teaspoonful onto the baking sheet.
5. Bake for 10 minutes or until golden brown.

Nutritional Information for 1 serving (about 1 cookie) of Chocolate Chip Cookies							
Calories	140	Cholesterol	15 mg	Sugar	13 g	Vitamin C	0 mg
Calories from Fat	60	Sodium	190 mg	Protein	2 g	Calcium	13 mg
Total Fat	7 g	Total Carbohydrate	32 g	Vitamin A	33 RAE	Iron	1 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

## WHOLE WHEAT BANANA MUFFINS

MAKES ABOUT 12 SERVINGS

### Ingredients

- Nonstick cooking spray
- 1 egg
- ¾ cup brown sugar
- 1 ½ cups banana, mashed (about 2 medium bananas)
- ⅓ cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup white flour
- ¾ cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon

### Directions

1. Preheat oven to 375 degrees F. Coat a muffin pan with cooking spray or line with paper cupcake/muffin cups.
2. In a large bowl, mix together egg, brown sugar, banana, vegetable oil, and vanilla until combined.
3. Stir in white flour, whole wheat flour, baking powder, baking soda, salt, and cinnamon just until combined (batter will be lumpy).
4. Spoon batter into muffin cups.
5. Bake for 15 to 20 minutes or until muffins are browned and toothpick or fork inserted into the center comes out clean.

Nutritional Information for 1 serving (about 1 muffin) of Whole Wheat Banana Muffins							
Calories	190	Cholesterol	20 mg	Sugar	16 g	Vitamin C	2 mg
Calories from Fat	60	Sodium	190 mg	Protein	3 g	Calcium	67 mg
Total Fat	7 g	Total Carbohydrate	32 g	Vitamin A	6 RAE	Iron	1 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe adapted from Food.com