

COOKING AND BAKING WITH WHOLE GRAINS

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Why whole grains?

Grain foods are nature's nutrient powerhouse. They are packed with vitamins, minerals, and phytochemicals.

The whole wheat kernel is made up of three parts: the bran, the germ, and the endosperm. Each of these parts have different amounts of protein, B vitamins, minerals, and fiber. When grains are refined, most of the bran and germ are lost, along with many of the nutrients. Compared to refined grains, most whole grains provide more protein, fiber, and other traditional nutrients, including calcium, magnesium, and potassium, in addition to many phytochemicals.

How to adapt your recipes:

Although it is generally tricky to modify a baking recipe, it is perfectly fine to substitute half of your white flour for whole grain to increase fiber and nutrients without sacrificing texture or taste. Here are two great recipes from Carol Lapin, MS, RD, CSSD, and Smart Balance Advisor...

Blueberry Mini-Muffins

Ingredients:

2 egg whites and 1 whole egg	1 ½ cups all-purpose flour
⅓ cup Smart Balance® Omega Blend Oil	½ cup whole wheat flour
⅓ cup Splenda®	1 tablespoon baking powder
¼ cup maple syrup	½ cup whole wheat bran flakes
1 ½ cups skim or low-fat milk	1 ½ cups blueberries

Directions:

In a large bowl, beat the eggs and add all the liquid ingredients. Stir together the flour, baking powder, and Splenda®. Stir together the liquid and dry ingredients until just mixed. Fold in the bran flakes and blueberries. Divide batter among 24 greased mini-muffin cups, about ⅔ full.

Bake the muffins in a preheated 375 degree oven for about 12 minutes. Set on wire rack to cool.

Servings: 48 mini-muffins • Serving Size: 1 muffin

Calories:	48	Protein:	1.15g
Fat Calories:	15	B-12:	5.3mg
Fat:	1.7	Riboflavin:	4.5mg
Cholesterol:	4.5mg	Selenium:	4.7mg
Sodium:	45mg	Phosphorous:	5.7mg
Carbohydrates:	11g		



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Pumpkin Bread

Ingredients:

- ½ cup Splenda®
- ½ cup Smart Balance® Buttery Spread
- ¾ cup pumpkin puree
- 1 egg white and 1 whole egg
- ½ cup whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon reduced sodium baking powder
- 1 teaspoon reduced sodium baking soda
- 1 teaspoon allspice
- ¼ cup dark raisins
- ¼ cup golden raisins
- ½ cup chopped walnuts

Directions:

In a large bowl, beat together the Splenda®, Smart Balance® Buttery Spread, pumpkin, and eggs. In a medium bowl, stir together all the dry ingredients. Fold this into the pumpkin mixture, stirring the two mixtures just until moistened. Pour the batter into a greased 8-inch loaf pan (or two mini-loaf pans).

Bake the bread in a preheated 350 degree oven for about 1 hour. If the bread browns too much on top, cover with a piece of foil until cooked through. Set pan on rack for 10 minutes, and then turn out the loaf to cool completely.

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Servings: 10 slices (1 loaf) • Serving size: 1 slice

Calories:	206	Fiber:	2.5g
Fat Calories:	119	Protein:	4g
Fat:	11.9g	Vitamin A:	238mg
Cholesterol:	22mg	Calcium:	119mg
Sodium:	141mg	Magnesium:	26.7mg
Carbohydrates:	25g	Phosphorous:	107mg
Potassium:	183mg	Omega-3 ALA:	250mg
Vitamin D:	160IU		

