

# BAKING WITH WHOLE GRAINS

- One of the best decisions you can make for boosting flavor and nutrition to your food is to make the switch from refined grain to whole grain, and one area where you can easily accomplish this is with baking!
- **FLAVOR:** Many of us are accustomed to breads, cookies, and pastries made with white, refined flour, but once you substitute in the whole grain, you will quickly discover the delicious, complex flavor and texture you've been missing out on. Your taste buds will thank you!
- **NUTRITION:** Refined grains like white rice and white bread are stripped of nearly all nutrition, while whole (intact) grains are packed with essential *vitamins, minerals, amino acids, polyphenols*, and the all important *fiber*.



## TIPS FOR SUCCESS

- 1 With cookies, scones, pancakes, muffins, and quick breads (like banana bread), feel free to substitute whole grain flour for all-purpose flour one-to-one.
- 2 In yeast breads that need to rise, substitute whole wheat flour for half of the all-purpose flour one-to-one.
- 3 To make 100% whole grain yeast breads, add an extra 2 teaspoons liquid per cup of whole wheat flour, and let the dough rest for 25 minutes before kneading.
- 4 For 100% whole grain sourdough bread, increase your hydration rate by 10-15% since whole grains absorb more water. 75-85% hydration is recommended.
- 5 Freshly milled flour will give your baked goods the best flavor, bringing out the grain's sweet and nutty notes.
- 6 For a sweeter flavor, replace 2-3 tablespoons of the liquid with orange juice or local honey.

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