



the scoop on wheat

Wheat: Pronunciation: \ˈhwēt, ˈwēt\ • Function: noun • Usage: for some reason not that often...but we'll change that :)
1 : a cereal grain that yields a fine white flour used chiefly in breads, baked goods (as cakes and cookies)

10 Reasons to {LOVE} Whole Wheat

1. **It's more nutritious**, providing several more minerals, vitamins (18 more to be exact!), and natural photochemicals than white flour.
2. **Relax!** It has More B Vitamins which are known to help with nerves & stress.
3. **Get cleaned out.** Whole wheat provides more fiber, preventing constipation & diverticulosis. The American Dietetic Association recommends 20-35 grams daily, the average American consumes only 12 grams.
4. **Lose weight and keep it off!** Whole wheat has a lot of fiber which has almost no calories, keeps you fuller for longer, absorbs 3x it's weight in water, cuts absorption of calories, cleans out impurities, requires more chewing, and takes 1/2 as much to fill you up and takes longer to digest.
5. **Reduces your risk** of colon cancer & other diseases.
6. **Lowers blood pressure**, cholesterol levels, and risk of adult on set Diabetes.
7. **Cheaper!** It will lower your food costs by at 30% to 50%!
8. **Lowers doctor visits**, bills, & medications.
9. **Lowers Dentist Bills** by cutting down on tooth decay.
10. **Eating Whole Wheat** keeps your body both emotionally and physically used to wheat.



Whole {WHEAT} in Disguise

Getting your family to eat whole wheat has never been easier! Sit back and relax (thanks to those B vitamins) as you follow these steps...you'll be amazed as you watch your family **enjoy** eating whole wheat!

1. Try it in desserts first--who can turn down a cookie?
2. No need to use 100 % whole wheat at all times. **Half white and half whole wheat makes excellent results.** However, if your family is really fussy, start with 1 tablespoon of whole wheat flour in the bottom of each cup of white flour and increase the whole wheat amount each time you cook.
3. Use recipes you know your family **already** likes.
4. **Have your kids help you make the treat!** Kids love to try it when they help.
5. Don't **warn** your family that there is whole wheat in the food they're about to eat. Your family will assume you made the recipe as usual so sit back and smile to yourself as you see them gobble it up...wheat and all!
6. Wheat flour is brown in color and **best disguised in recipes using brown sugar, molasses, chocolate, fruit or vegetables**, such as bananas, applesauce, carrots, or zucchini in breads, cakes and cookies.



Blender {WHEAT} Pancakes

- 1 Cup Milk (3 T. Dry Powdered Milk + 1 C. Water)
- 1 Cup Wheat Kernels, whole & uncooked
- 2 Eggs (2 T. powdered eggs 1/4 C. Water)
- 2 tsp Baking Powder
- 1 1/2 tsp Salt
- 2 Tbs. Oil
- 2 Tbs. Honey or Sugar

Put milk and wheat kernels in blender.
Blend on highest speed for 4 or 5 minutes or until batter is smooth.
Add eggs, oil, baking powder, salt and honey or sugar to above batter.
Blend on low.
Pour out batter into pancakes from the actual blender jar (only one thing to wash!) onto a hot greased or Pam prepared griddle or large frying pan.
Cook; flipping pancakes when bubbles pop and create holes.

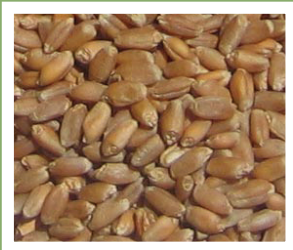
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Two Different {TYPES} of Food Storage Whole Wheat



Red Wheat Kernels



White Wheat Kernels

“The main difference between hard red wheat and hard white wheat is color genes. Both have similar fiber and protein levels. But whole-grain bread from hard white wheat is less bitter--some say sweeter--than whole-grain bread from hard red wheat. That’s because white wheat’s outer kernel contains fewer tannins and phenolic compounds.” (Scientists redesign white wheat Agricultural Research, June, 1994 by Linda Cooke)

They also taste different. Red wheat has a more “nutty” flavor while white wheat’s mild flavor makes it easier hidden in bakery items.



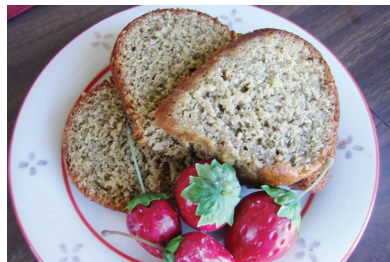
Whole {WHEAT} Carrot Bread

These carrot cake muffins/bread are delicious, easy, and pretty nutritious for a muffin. You get to sneak in a vegetable and some wheat plus there are raisins and pineapple in it. YUM!!

- 2 C. Brown Sugar, Packed
- 1 C. Oil
- 3 Eggs (3 T. Dehydrated Eggs + 1/3 C. Water)
- 2 C. Carrots, Finely Grated (1 C. Dehydrated Carrots. Pulse in blender before re-hydrating to make them smaller pieces.)
- 1 C. Crushed Pineapple, Drained
- 3 C. Whole Wheat Flour
- 1 t. Salt
- 1T. Soda
- 1 t. Cinnamon
- 2 t. Vanilla
- 1 C. Raisins (soak mine in warm water first)
- 1 C. Walnuts, Broken

Grease and flour 2 bread pans, 1 bundt pan, or 2 muffin pans (12 each) with vegetable cooking spray. Beat together brown sugar, oil and eggs (no need to reconstitute eggs before adding to this mix). Stir in carrots and pineapple. blend together dry ingredients; stir into batter thoroughly. Add vanilla, raisins, and nuts. pour into prepared pan. Bake bread pans for 45-40 minutes, muffins for 20 minutes, and bundt pan 1 hour or until done.

Makes 1 Bundt pan, 2 bread pans, or 24 muffins.



Whole {WHEAT} Banana Bread

This Banana Bread is not only DELICIOUS but also low-fat! The bread tastes better the next day. It is so moist and tasty, don’t be surprised when it goes fast!

- 4 T margarine (or butter), softened
- 1/4 C applesauce
- 2 eggs (2 T. Dehydrated Eggs + 1/4 C. Water)
- 2 T skim milk or water
- 3/4 C packed light brown sugar
- 1 C mashed banana (2-3 medium bananas)
- 1 3/4 C Whole Wheat Flour
- 2 t baking powder
- 1/2 t baking soda
- 1/4 t salt (optional)
- 1/4 C coarsely chopped walnuts or pecans (optional)

Beat margarine, applesauce, eggs, milk, and brown sugar in large mixer bowl until smooth. Add banana and blend at low speed; beat at high speed 1 to 2 minutes. Combine flour, baking powder, baking soda, and salt; mix into batter. Mix in nuts. Pour batter into greased loaf pan, . Bake at 350° F until bread is golden and toothpick inserted in center comes out clean (55 to 60 minutes). Cool in pan on wire rack 10 minutes; remove from pan and cool to room temperature.

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