

Better-For-You Baking With Whole Grain Nutrition

(NAPSA)—According to the USDA dietary guidelines, Americans should make at least half of their grains whole grains. Making it easier to follow these guidelines are two new products that let you add whole wheat nutrition to your diet without sacrificing flavor, texture or color.

Ultragrain® All-Purpose Flour with Whole Grain tastes and bakes like refined white flour, but is the only all-purpose flour blended with 30 percent Ultragrain whole wheat, giving it 9 grams of whole grain per serving and twice the fiber of other all-purpose flours.

Ultragrain® 100% White Whole Wheat Flour has 100 percent whole grain nutrition with the taste, texture and appearance of refined flour, but with 30 grams of whole grain per serving and four and a half times the fiber of refined flour. They both provide more dietary fiber and protein with fewer calories and carbohydrates than refined wheat flour.

Try this delicious whole grain cookie recipe or use a whole wheat flour in one of your family's favorites.

Grandma's Best Chocolate Chip Cookies

Hands on: 25 minutes

Makes: 24 servings (1 cookie each)

1½ cups Ultragrain All-Purpose Flour with Whole Grain

½ teaspoon baking soda

¼ teaspoon kosher salt

**¾ cup unsalted butter,
softened**

**¾ cup firmly packed brown
sugar**

½ cup granulated sugar

1 egg

1½ teaspoons vanilla extract

**1¼ cups semi-sweet chocolate
morsels**

Preheat oven to 375° F. Combine flour, baking soda and



Soft and chewy chocolate chip cookies can be made even better with whole wheat flour.

salt in medium bowl; set aside. Cream butter, brown sugar and granulated sugar in large bowl with electric mixer on medium speed 1 to 2 minutes or until light and fluffy. Add egg and vanilla, beating until well blended. Gradually add flour mixture beating on low speed after each addition. Stir in chocolate morsels. Drop cookie dough by rounded tablespoons onto baking sheets, 1½ inches apart. Bake 8 to 10 minutes. Serve warm or remove to wire rack and cool completely.

Baking Tips

• An easy way to add more whole grain nutrition to your favorite recipes is to substitute the same amount of a whole wheat blend of all-purpose flour for standard all-purpose flour. Your baked goods will still be delicious yet more nutritious and your family won't notice the difference.

• For more whole grain goodness, simply mix ¼ cup of a 100% White Whole Wheat Flour with ¾ cup traditional white flour for every cup of flour called for in your recipes. Gradually replace more white flour with whole wheat flour until your recipe has the consistency and flavor that you prefer.

More Recipes

Learn more and get great recipes at www.ultragrain.com. Share your Ultragrain recipes at www.facebook.com/ultragrain.