

Kitchen Korner

Celebrate Savings And A Healthier Diet With A Pantry Staple

(NAPSA)—A growing number of consumers are celebrating the fact that cooking and baking from scratch—instead of from a mix—can be just the recipe for saving money and adding important nutrients to their diets.

Cooking and baking from scratch can be very convenient if you stock your pantry with a few affordable staples. Whole wheat flour is one such staple that is drawing interest from consumers who are looking to boost the nutritional value of their favorite homemade foods, but they don't enjoy its taste, texture and appearance.

According to Phil Lempert, food trends expert and Supermarket Guru, "Today's consumers are looking for whole grain products that offer a balance of health benefits and taste. Ultragrain White Whole Wheat Flour from Eagle Mills is an example of a product that gives consumers the nutrition they need with the taste and texture they want."

Eagle Mills Ultragrain White Whole Wheat Flour is made from specially selected white wheat that is milled to the consistency of refined white flour so products are lighter in color with the taste, appearance and texture consumers know and love, but with higher levels of fiber, vitamins, minerals and antioxidants—including 30 grams of whole grains and 4 grams of dietary fiber per serving.

It can also be purchased as a blended flour under the Eagle Mills label. Made with a blend of 70 percent premium white flour and 30 percent Ultragrain flour, Eagle Mills All-Purpose Flour made with Ultragrain is intended to give consumers a middle ground as they move from refined white flour to 100 percent whole wheat



These better-for-you cupcakes celebrate the fact that making nutritious substitutions can also mean enjoying tasty treats.

flour. The blended flour works as a cup-for-cup replacement for other all-purpose flours, and provides 9 grams of whole grains per serving and two times the fiber. Look for the flours at mainstream grocery stores nationwide.

The recipe below is a great example of how a well-stocked pantry can make affordable and tasty treats with the added benefit of whole grain nutrition:

Celebration Cupcakes

Prep Time: 45 minutes

Total Time: 1 hour, 30 minutes

Makes: 20 servings

Cupcakes:

2 cups Eagle Mills® All-Purpose Unbleached Flour made with Ultragrain®

2 teaspoons baking powder

½ teaspoon salt

½ cup butter, softened

1½ cups granulated sugar

1 teaspoon vanilla extract

2 eggs

1 cup milk

Frosting:

2 tablespoons Eagle Mills® All-Purpose Unbleached

Flour made with Ultragrain®

½ cup milk

½ cup butter, softened

½ cup granulated sugar

1 teaspoon vanilla extract

1. Preheat oven to 375° F. Line twenty 2½-inch muffin cups with paper bake cups. Set aside.

2. For cupcakes: Combine 2 cups flour, baking powder and salt in medium bowl. Place ½ cup butter in large mixing bowl. Beat with an electric mixer 30 seconds. Add 1½ cups sugar and 1 teaspoon vanilla; beat until well combined. Add eggs, one at a time, beating 1 minute after each. Gradually add flour mixture alternately with the milk, beating on low speed after each addition just until blended.

3. Fill each cup half full. Bake 18 minutes, or until toothpick inserted in center of cupcake comes out clean. Cool on wire rack.

4. For frosting: Place 2 tablespoons flour in small saucepan; whisk in ½ cup milk until blended. Heat over low heat until thickened. Remove from heat. Cover and cool.

5. Beat ½ cup butter in large mixing bowl with electric mixer until fluffy. Add ½ cup sugar; beat on high speed 4 minutes. Gradually add milk mixture and 1 teaspoon vanilla; beat on low speed until combined. Beat on high speed 7 minutes, or until light and fluffy.

6. Frost cupcakes with frosting. Decorate as desired.

To learn more or for recipes, visit www.Ultragrain.com.