

# Sweeter White Whole Wheat Flour: Healthier Baked Goods

(NAPSA)—While there are many people who really do like the taste and texture of baked goods made with whole wheat flour, for those who don't, or for those looking to make healthier baked goods, there is white whole wheat flour.

White whole wheat flour contains the fiber and nutritional benefits of traditional whole wheat flour, but with a sweeter, lighter taste and appearance. Milled from a different strain than the traditional red wheat, white whole wheat flour is a light golden color, flecked with bran and looks like a cross between white and traditional whole wheat flours. In taste it is most similar to all-purpose flour.

Cake, cookies, brownies, gingerbread and bars can all be easily baked with white whole wheat flour. Kids are always tempted by sugar, chocolate and the butter which goes into sweets. Susan Reid, baking instructor and co-author of the *King Arthur Flour Baker's Companion* cookbook, suggests substituting white whole wheat flour for regular all-purpose flour in almost any recipe. Says Reid, "Use white whole wheat flour in place of the all-purpose called for in your recipe. Try using white whole wheat for half of the all-purpose that's called for. If you like the results, you can increase the amount of white whole wheat you use accordingly. Only in the very lightest baked goods—sugar cookies, pound cake, angel food cake—will you be able to see a difference."

Reid suggests trying out white whole wheat flour in these Chewy Oatmeal Cookies, adapted from the *King Arthur Flour Baker's Companion* cookbook.

## Chewy Oatmeal Cookies

**1 cup (5 ounces) King Arthur white whole wheat flour**  
**1¼ cups (5¼ ounces) King Arthur unbleached all-**



**purpose flour**  
**1 teaspoon baking soda**  
**¾ teaspoon salt**  
**1½ teaspoons cinnamon**  
**½ teaspoon nutmeg**  
**½ cup (3¼ ounces) shortening**  
**4 tablespoons (½ stick, 2 ounces) butter**  
**2 tablespoons (¾ ounce) oil**  
**2¼ cups (18 ounces) brown sugar**  
**2 large eggs**  
**½ cup (4 ounces) yogurt, plain or vanilla, regular, low-fat or nonfat**  
**2 teaspoons vanilla**  
**3 cups (10½ ounces) thick oat flakes (old-fashioned rolled oats)**  
**1½ cups (9 ounces) raisins**

Sift together flour, baking soda, salt, cinnamon and nutmeg. Set aside.

In large bowl, cream together shortening, butter, oil and brown sugar. Add eggs, one at a time, beating well after each addition. Beat in the yogurt and vanilla.

Stir in oats and raisins, then add the flour mixture, in three additions, beating well after each addition.

Drop the batter from a tablespoon-size cookie scoop (or from a tablespoon) onto parchment-lined baking sheets. Bake cookies in a preheated 350°F oven for 14 minutes. They'll still be light tan; don't let them brown, or they'll be crisp instead of chewy. Let them cool on the parchment until lukewarm, then carefully remove to a wire rack; they'll be delicate when warm, then chewy as they cool. Store the cookies in a tightly closed container or plastic bag. Yield: about 65 3-inch cookies.

Nutrition information per serving (1 cookie, 26g): 96 cal, 3.1g fat, 2g protein, 8g complex carbohydrates, 7g sugar, 1g dietary fiber, 11mg cholesterol, 45mg sodium, 81mg potassium, 10RE vitamin A, 1mg iron, 22mg calcium, 32mg phosphorus.

For more recipes with white whole wheat flour, visit the King Arthur Flour recipe archives at [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com).

If you can't find white whole wheat flour in the grocery store, try [www.bakerscatalogue.com](http://www.bakerscatalogue.com) or 1-800-827-6836.