

Healthful Eating

New Flour A “Best-Of-Both-Worlds” Ingredient

(NAPSA)—According to the current Food Guide Pyramid, Americans should consume at least three servings of whole grains each day. Contrary to this recommendation, however, Americans eat—on average—less than one serving of whole grain daily.

Fortunately, there are delicious new ways for people to get the whole grains they need without making major alterations to their diets. For example, there is now an all-natural flour with the added goodness of whole grain that looks and bakes like white flour. So using it in place of all-purpose flour will help cooks—and their families—get the recommended three whole grain servings daily without compromising taste, texture or visual appeal.

Developed by ConAgra, Eagle Mills All-Purpose Flour made with Ultragrain is a “best-of-both-worlds” ingredient that makes it easy to turn everyday white-flour-based products into great-tasting and nutritious whole grain foods. For more information and additional recipes, visit the Web site at www.ultragrain.com.

White Chocolate Glazed Lemon Biscotti

Prep Time: 30 minutes

Total Time: 2 hours, 30 minutes

Makes: 24 biscotti

- 2 cups Eagle Mills All-Purpose Unbleached Flour with Ultragrain**
- 1 teaspoon baking powder**
- ½ teaspoon salt**
- ½ cup (1 stick) Fleischmann’s Original Margarine stick, softened**
- 1 cup granulated sugar**
- 2 eggs**
- 1 teaspoon grated lemon peel**
- 2 tablespoons fresh lemon juice**
- ½ cup white chocolate morsels**



A new kind of flour provides the taste and texture of white flour with the nutrition of whole grains.

½ teaspoon vegetable shortening

1. Preheat oven to 350° F. Combine flour, baking powder and salt in medium bowl; set aside.

2. Beat margarine and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs, lemon peel and juice; beat just until blended. Stir in flour mixture.

3. Divide dough in half. Shape each half into an 8x3-inch rectangle on an ungreased cookie sheet. Bake 30 minutes or until center is firm to the touch. Cool on cookie sheet 15 minutes.

4. Cut each rectangle crosswise into ½-inch slices. Place slices, cut side down, on cookie sheet. Bake 15 minutes, turning once, until crisp and edges are lightly browned. Cool completely.

5. Place chocolate and shortening in 1-cup microwave-safe measuring cup. Microwave on High 1 minute, or until melted, stirring until smooth. Drizzle chocolate over biscotti. Let stand until chocolate is set.

Ultragrain is available at grocery stores across the country or online at www.netgrocer.com.