

Kid-Friendly Wheat Bread

Ingredients:

1 1/2 cups warm water (110 degrees F/45 degrees C)
1 tablespoon brown sugar
2 (.25 ounce) envelopes active dry yeast
2 cups all-purpose flour
4 cups whole wheat flour
1/3 cup packed brown sugar
2 teaspoons salt
1/3 cup vegetable oil
1/2 cup milk, room temperature

Directions:

1. Measure the water into a large bowl, or the bowl of a stand mixer and stir in 1 tablespoon of brown sugar. Sprinkle the yeast over the top and set aside until foamy, about 10 minutes.
2. Add 1 cup of the all-purpose flour and 3 cups of whole wheat flour to the bowl along with the brown sugar, salt, vegetable oil and milk. Mix on low speed to blend ingredients. Continue to mix on medium speed, adding the rest of the flour 1/2 cup at a time, until the dough clings to the hook and cleans the sides of the bowl. You may not need to add all of the flour. Mix on medium speed for about 5 minutes. Oil the bowl and turn the dough to coat. Cover loosely and set aside to rise until doubled, about 1 hour.
3. Punch down the dough and place on a floured surface. Divide into two equal portions and use a rolling pin to roll each one into a rectangle that is about 16x8 inches. Be sure to press out all of the air bubbles. Roll the rectangles into loaves and pinch the seam together.
4. Place loaves seam side down into greased 9x5 inch loaf pans. Cut a few slits across the top of each loaf using a sharp serrated knife. Set aside to rise until your finger leaves a dimple when you press into a loaf, 30 to 45 minutes. Preheat the oven to 400 degrees F (200 degrees C).
5. Bake the loaves for 15 minutes in the preheated oven, then reduce the temperature to 350 degrees F (175 degrees C). Bake for an additional 30 minutes, or until loaves are deep brown. Remove from pans to cool on a wire rack.

WHOLE WHEAT APPLESAUCE CAKE OR CUPCAKES

1/2 c. oil

3/4 c. granulated brown sugar

1 c. apples (peeled and pureed)

1 1/2 c. unsifted whole wheat flour

1 tsp. baking soda

1 tsp. cinnamon

1/2 c. raisins (optional)

Oil and flour an 8 inch round or square baking pan or muffin tins. Cream the oil and sugar together and mix in the apples and baking soda. Add flour and cinnamon, blending thoroughly. Pour the batter into pan or make individual cakes in muffin tins. Bake at 375 degrees for 30 minutes for an 8 inch cake; about 20 minutes for cupcakes.

Whole Wheat Carrot-Raisin Muffins

Ingredients

- Ⓟ 2 cups whole-wheat flour
- Ⓟ 2 teaspoons baking soda
- Ⓟ 1 teaspoon pumpkin pie spice
- Ⓟ 1/2 teaspoon salt
- Ⓟ 1/2 cup vanilla yogurt
- Ⓟ 1/4 cup vegetable oil
- Ⓟ 1/3 cup honey
- Ⓟ 1 teaspoon vanilla extract
- Ⓟ 2 tablespoons orange juice
- Ⓟ 1 cup carrot, peeled and shredded
- Ⓟ 1/2 cup raisins

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Grease 14 muffin cups, or line with paper muffin liners.
2. Combine flour, baking soda, pumpkin pie spice, and salt in a bowl. Whisk together yogurt, vegetable oil, honey, vanilla extract, and orange juice in a separate bowl. Gently fold carrots into the yogurt mixture. Stir yogurt mixture into the flour mixture until just combined. Gently fold raisins into the batter. Scoop batter into prepared muffin cups until nearly full.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 12 to 13 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Whole Wheat Dumplings

Drop these dumplings into any type of soup

Ingredients

2 cups whole wheat flour

1 tbsp. baking powder

1/2 tsp. salt

3 tbsp. safflower oil

1 cup skim milk

Mix dry ingredients.

Add wet ingredients to dry ingredients. Mix well.

Drop into boiling soup, cover simmer on medium low heat for 10 minutes.

Whole Wheat Flour Tortillas

Ingredients

- ⌚ 1 cup all-purpose flour
- ⌚ 4 cups whole wheat bread flour
- ⌚ 1/2 cup shortening
- ⌚ 2 teaspoons salt
- ⌚ 1 1/2 cups boiling water
- ⌚ all-purpose flour for rolling

Directions

1. In a large bowl, stir together 1 cup all-purpose flour, the whole wheat flour, and salt. Rub in the shortening by hand until the mixture is the texture of oatmeal. Make a well in the center, and pour in the boiling water. Mix with a fork until all of the water is evenly incorporated. Sprinkle with a bit of additional flour, and knead until the dough does not stick to your fingers. The dough should be smooth.
2. Make balls the size of golf balls, about 2 ounces each. Place them on a tray, and cover with a cloth. Let stand for at least 1 hour, or up to 8 hours.
3. Heat a griddle or large frying pan over high heat. On a lightly floured surface, roll out a tortilla to your preferred thinness. Fry one at a time. Place on the griddle for 10 seconds, as soon as you see a bubble on the top, flip the tortilla over. Let it cook for about 30 seconds, then flip and cook the other side for another 30 seconds. Roll out the next tortilla while you wait for that one to cook. Repeat until all of the balls have been cooked. Tortillas can be refrigerated or frozen.

WHOLE WHEAT PANCAKES

- 2 c. whole wheat flour
- 3 tbsp. sugar
- 1 tsp. salt
- 1 1/2 - 2 c. milk (depending on how thick you like your pancakes)
- 3-4 tsp. baking powder
- 2 eggs
- 5 tbsp. Oil
- 1 tsp vanilla extract

Mix dry ingredients together. Beat eggs well. Add milk, oil, vanilla and eggs to dry ingredients. Mix well.

Amazing Whole Wheat Pizza Crust

Ingredients

- 1 teaspoon white sugar
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2 cups whole wheat flour
- 1 1/2 cups all-purpose flour

Directions

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crust, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 degrees F (220 degrees C). Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well oiled pizza pan. Top pizza with your favorite toppings, such as sauce, cheese, meats, or vegetables.
5. Bake for 16 to 20 minutes (depending on thickness) in the preheated oven, until the crust is crisp and golden at the edges, and cheese is melted on the top.