

## Converting to Whole Grains

*Converting to whole grains in baking can be a challenge, especially when our taste buds are used to the more refined grains. However, even small additions of whole grain can add nutritional benefit to the diet. This baking mix provides one way to move toward the use of whole grains without challenging taste buds too much. Once a taste for this flour combination has developed, people often find they can move more easily to increased amounts of whole grain in their baking.*

### Baking Mix

Prepare: < 3 minutes

**1 cup whole-wheat pastry flour**  
**1 cup unbleached all-purpose flour**  
**4 tsp. baking powder**  
**1/4 tsp. salt**

### Triple Batch of Baking Mix

Prepare: < 5 minutes

**3 cups whole-wheat pastry flour**  
**3 cups unbleached all-purpose flour**  
**4 Tbsp. baking powder**  
**3/4 tsp. salt**

Measure ingredients into a "storage jar." It is easy to use a quart jar for small batches and a short 1/2 gallon jar for a triple batch. To mix, rock jar back and forth for several times.



To save time mixing, alternate ingredients when measuring into jar.

Yield (triple batch): ~7 cups

### Time Saver

Preparing this baking mix ahead of time saves the steps of measuring several ingredients when you are ready to bake. Adding a few additional ingredients makes great cookies, biscuits and coffee cakes.

### Little Chefs

Measuring and mixing are wonderful teaching activities. Kids learn not only cooking skills but also fine motor skills and even math skills. As you measure the flour together, discuss the measurements. Instead of putting in a whole cup of flour, ask them to put in two half cups or three third cups.

The best part comes at the end when they get to rock the jar. Feel free to put on some music and create your own baking mix dance!

### Healthy Bite

Potlucks and family gatherings are often places where people resist choosing whole grains, because there are many refined options available. Preparing foods with only half whole grain (such as using this baking mix) introduces whole grains to their diet in a more acceptable fashion.

