

WHEAT RECIPES

Whole wheat blueberry muffins

1 1/2 cups whole wheat pastry flour or white whole wheat flour
1/2 cup rolled oats, plus more for sprinkling
1 teaspoon baking powder
1/2 teaspoon fine salt
1/4 teaspoon baking soda
1/2 cup vegetable oil
1/2 cup reduced-fat sour cream
1/2 cup packed light brown sugar
1 teaspoon finely grated lemon zest
1 teaspoon pure vanilla extract
2 large eggs
1 cup blueberries

Preheat the oven to 350 degrees F. Line a 12-cup muffin pan with muffin liners. Combine the flour, oats, baking powder, salt and baking soda in a large bowl. Whisk together the vegetable oil, sour cream, brown sugar, lemon zest, vanilla and eggs in another bowl. Fold the sour cream mixture into the flour mixture until just combined, and then fold in the blueberries (don't worry if there are a few lumps). Divide evenly among the prepared muffin pan. Sprinkle with oats. Bake until the muffins are golden and a toothpick inserted in the center comes out clean, 20 to 24 minutes. Cool in the pan for a few minutes, and then transfer to a rack to cool completely.

Simple Whole Wheat Bread

3 cups whole wheat flour
1 packet (2 1/4 tsp) active dry yeast
1 1/4 cups warm water (110°F or warm to the touch)
2 tbsp honey or sugar
1 tbsp oil (optional for softer bread)
1 tsp salt

In a large bowl, mix warm water, yeast, and honey. Let sit for 5–10 minutes until foamy. Add flour, salt, and oil. Stir to combine into a dough. Knead the dough on a floured surface for 8–10 minutes until smooth. Place in a greased bowl, cover, and let rise for 1 hour or until doubled. Punch down the dough, shape into a loaf, and place in a greased 9x5 inch loaf pan. Cover and let rise again for 30 minutes. Bake at 375°F for 30–35 minutes.

