



# King Arthur White Whole Wheat Flour

Whole Wheat Goodness, Lighter Color, Milder Flavor.



Imagine all the nutrients of whole wheat flour without its strong flavor. White whole wheat is true whole wheat flour, ground from the entire wheat berry with its bran, germ, and endosperm. Like traditional whole wheat, its texture has the same light graininess from the bran it contains. What white whole wheat is missing is the pigment that makes the outer layer of bran the traditional reddish color we associate with whole wheat. This pigment contains phenolic acid, which can be perceived as a stronger, astringent taste. White whole wheat lacks this acid, and because of its milder taste is often called “sweet wheat” by the farmers who grow it.

Use King Arthur White Whole Wheat Flour in place of traditional whole wheat flour for lighter color and sweeter flavor. Or, substitute White Whole Wheat Flour for all-purpose flour in any cookie, quickbread, or brownie recipe; the audience won't suspect a thing! Only in the very lightest baked goods – sugar cookies, pound cake, angel-food cake – will you be able to see the difference. And we don't think you'll taste a difference; we don't.



What a great way to add more whole grains to your daily diet!

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## S'more Whole Wheat Cookies

If you're looking for ways to eat more whole grains without feeling like you're doing penance, these cookies are a good place to start!

3 cups (15 ounces) King Arthur White Whole Wheat Flour  
1 1/2 cups (12 ounces) brown sugar  
1/2 teaspoon baking soda  
3/4 teaspoon salt  
2 large eggs  
1/2 cup (4 ounces) buttermilk or yogurt  
1/2 cup (1 stick, four ounces) butter, melted  
1 teaspoon vanilla extract  
1 tablespoon molasses  
1 1/2 teaspoons vanilla extract  
1 1/2 cups (9 ounces) milk or semisweet chocolate chips  
1 1/2 cups (2 1/4 ounces) mini marshmallows (optional)\*  
3/4 cup (3 ounces) chopped nuts



\*The marshmallows will hold their shape better and toast nicely if you open the bag and let them stale for a day or two before using them.

Preheat the oven to 350°F. Lightly grease or line with parchment two baking sheets. Whisk together the flour, sugar, baking soda, and salt in a large mixing bowl. In a separate bowl or large measuring cup, combine the buttermilk eggs, vanilla, and molasses, and stir into the dry ingredients. Stir in the melted butter. The mixture will seem dry at first, but keep mixing until the dough is evenly moistened. Stir in the chocolate chips, nuts and marshmallows. Drop the dough by tablespoons onto the prepared baking sheets, and bake for 12 to 14 minutes, until the edges are golden brown. Remove the cookies from the oven and allow to cool on the baking sheet for 5 minutes before transferring the cookies to a rack to cool completely. Yield: 3 1/2 dozen cookies.

**Nutrition information per serving (1 cookie, 35g):** 138 calories, 6g fat, 2g protein, 7g complex carbohydrates, 13g sugar, 1g dietary fiber, 18mg cholesterol, 74mg sodium, 105mg potassium, 27RE vitamin A, 1mg iron, 27mg calcium, 64mg phosphorus, 1mg caffeine.

**Baking with King Arthur White Whole Wheat Flour** White Whole Wheat Flour can be used in almost any recipe you can find, but keep these tips in mind for the most success. In most baked goods, such as cookies, brownies, cakes, and quick breads, White Whole Wheat Flour can be substituted cup for cup for all-purpose flour. But to be safe, you may want to start off by substituting White Whole Wheat Flour for only half of the all-purpose flour in a recipe. When substituting White Whole Wheat Flour for all-purpose flour in yeast breads, slightly increase the amount of liquid you use and the rising time for the best consistency.

