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WHEAT**

*Rediscover Wheat*

**KANSAS WHEAT COMMISSION**

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# KANSAS WHEAT COMMISSION 2022 RECIPE BOOK

COVER RECIPE  
WHOLE WHEAT  
SUGAR COOKIES  
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*Recognizing the 50th Anniversary of the Wheat  
Foods Council and Bake and Take Day*

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# Celebrating 50-year traditions with recipes

The recipes were selected to observe the 50th Anniversary of Wheat Foods Council and Bake and Take Day.

Bake and Take Day began on the 4th Saturday in March in 1970 by the Kansas Wheathearts in Sumner County. While the purpose of Bake and Take Day is to encourage participants to bake a product made from wheat and take it to a neighbor, friend or relative, the personal visit to members of the community has become as rewarding and important as the baked goods you deliver. The concept was so successful it was expanded to National Bake and Take Month. And now, more than 50 years later, we can still enjoy sharing baked goods with others.

The Wheat Foods Council is celebrating 50 years of educating consumers about the nutritional benefits of consuming a variety of wheat foods. Since 1972, the Wheat Foods Council has done this through its industry-wide partnerships dedicated to increasing the consumption of wheat and other grain foods through nutrition information, education, research and other promotional activities. The Council is immensely proud to promote the entire category of wheat-based foods. It is supported voluntarily by wheat producers, millers, bakers and related industries.

The Kansas Wheat Commission has been instrumental in organizing and leading the Council since its inception. Kansas Wheat Commission staff members who served as Wheat Foods Council Chairs included Anna Jane Baird (1972-1973); Sharon Davis (1988-1990); Susan L'Ecuyer (1996-1997); and Cindy Falk (2002-2003).

Recipes tested in the Kansas Wheat Innovation Center "Speak for Wheat" Test Kitchen by NFOB Co-Director Cindy Falk, Nutrition Educator, and Linda Beech, K-State Research and Extension Agent, Emeritus.



## Honey Wheat Bread

In 1973 the Kansas Wheathearts initiated a National Bake and Take Day promotion. In the same year, they published this hearty and delicious bread recipe. The original instructions were to mix ingredients with a wooden spoon and knead the dough by hand.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 53g):** 140 calories, 35 calories from fat, 4g total fat, 1g saturated fat, 0g trans fat, 10mg cholesterol, 190mg sodium, 23g carbohydrate, 1g dietary fiber, 5g sugars, 5g protein, 41mcg folate, 0mg vitamin C, 1mg iron.

## INGREDIENTS

4 ¼ - 4 ½ cups bread flour, divided  
2 (¼ ounce) packages active dry yeast  
1 cup water  
1 cup low-fat cottage cheese  
4 tablespoons margarine or butter  
2 teaspoons salt  
½ cup honey  
1 cup whole wheat flour  
2 large eggs, beaten  
½ cup quick-cooking oats  
Walnuts

## DIRECTIONS

1. In a large bowl or bowl of stand mixer fitted with paddle attachment, combine 2 cups bread flour with yeast.
2. Heat water, cottage cheese, margarine or butter, salt and honey until very warm (120°F - 130°F).
3. Mix warm liquid into flour mixture. Stir in whole wheat flour, eggs, oats and walnuts or pecans. Gradually add enough remaining bread flour to make a soft, workable dough.
4. Knead dough by hand or with dough hook until smooth and elastic, 8 – 10 minutes. Place in greased bowl; cover, let rise until doubled, about 1 hour.
5. Punch down dough and divide in half; shape into two loaves. Place in greased 9 x 5 x 3-inch loaf pans.
6. Cover; let rise until doubled, about 1 hour. Near the end of the rise, preheat oven to 350°F.
7. Bake until golden brown and an instant-read thermometer inserted in center registers 200°F, 40-45 minutes. To prevent excess browning, cover with foil the last 5 – 10 minutes. Remove from pans and let cool on wire rack.

**YIELD:** 2 large loaves, 16 servings each.

**TEST KITCHEN NOTE:** This recipe yields about 3 ½ pounds dough. For gift giving, shape into smaller loaves. Baking times will vary. This dough is also excellent for cinnamon rolls.



## Fudge Nut Bars

Kansas Governor John W. Carlin signed the Wheatheart's Bake and Take Day Proclamation for the annual observance on March 22, 1980. A photo of the proclamation signing and this recipe appeared in *Wheat Gleanings*, a bulletin from the Kansas Association of Wheat Growers for wheat farmers.

**NUTRITION INFORMATION PER SERVING (1 BAR, 47g):** 200 calories, 80 calories from fat, 9g total fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 90mg sodium, 27g carbohydrate, 1g dietary fiber, 18g sugars, 3g protein, 14mcg folate, 0mg vitamin C, 1mg iron.

## INGREDIENTS

### COOKIE DOUGH

- 1 cup (2 sticks) unsalted butter, room temperature
- 2 cups brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 ½ cups all-purpose flour, sifted
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 cups quick-cooking oats

### DIRECTIONS

1. Preheat oven to 350°F. Grease or spray with nonstick cooking spray a 13 x 9 x 2-inch pan or a 15 x 10 x 1-inch jelly-roll pan.
2. For cookie dough: In stand mixer bowl fitted with the paddle attachment, or a handheld electric mixer, beat butter and sugar until light and fluffy. Mix in eggs and vanilla.
3. In a medium bowl, whisk flour, salt and soda. Stir in oats. Gradually add to bowl mixture and mix until well combined. Set aside.
4. For filling: In saucepan, melt chocolate chips, condensed milk and butter; gently stir until chocolate chips have melted. (This step can also be done in the microwave stirring every 20 seconds.) Stir in pecans and vanilla.
5. Press two-thirds of dough evenly in the prepared pan. Cover with fudge filling. Crumble the remaining dough over the top.
6. Bake 25 - 30 minutes or until golden. Transfer the pan to a wire rack to cool. When cool, cut into bars.

**YIELD:** 48 bars.

**TEST KITCHEN NOTE:** Fat-free sweetened condensed milk may be used.

### FUDGE FILLING

- 1 (12-ounce) package semisweet or milk chocolate chips
- 1 (14-ounce) can sweetened condensed milk
- 2 tablespoons unsalted butter
- 1 cup chopped pecans
- 2 teaspoons vanilla extract





## Tigerbrood (Tiger Bread)

This unique and delicious Dutch dinner bread was featured in the 1980s *Ethnic is Now* booklet developed by the Wheat Foods Council and the National Association of Wheat Growers Foundation. The rice paste brushed on before baking gives a tiger-like appearance to the crust.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 49g):** 100 calories, 5 calories from fat, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 270mg sodium, 20g total carbohydrate, 1g dietary fiber, 1g sugars, 4g protein, 61mcg folate, 0mg vitamin C, 1mg iron.

**NUTRITION INFORMATION PER SERVING (1/8 of dough/1 BUN, 151g):** 310 calories, 20 calories from fat, 2g total fat, 0g saturated fat, 0 g trans fat, 0mg cholesterol, 800mg sodium, 61g carbohydrate, 3g dietary fiber, 2g sugars, 11g protein, 183mcg folate, 1mg vitamin C, 3mg iron.

## INGREDIENTS

### DOUGH

- 1 ½ cups warm water (110°F – 115°F)
- 2 (¼ ounce) packages active dry yeast
- ⅓ cup non-fat dry milk
- 2 ½ teaspoons salt
- 4 – 4 ¼ cups bread or all-purpose flour

### RICE PASTE

- ½ cup white rice flour\*
- ½ cup water plus 2 - 2 ½ tablespoons
- ⅛ teaspoon salt
- ¾ teaspoon granulated sugar
- 1 ¼ teaspoons active dry yeast
- 1 ⅛ teaspoons vegetable oil

## DIRECTIONS

1. For dough: With a stand mixer fitted with paddle, combine warm water and yeast; wait 5 - 10 minutes for mixture to foam.
2. Mix in dry milk, salt and gradually add enough flour to form a workable dough.
3. Exchange paddle for dough hook. Knead on medium-low speed 5 - 8 minutes or until dough is smooth and elastic.
4. Place dough in greased bowl and turn to coat. Cover; let rise until doubled, up to 2 ½ hours.
5. Round dough piece into a smooth ball and let rest, covered for 15 minutes.
6. For rice paste: In a small saucepan on low heat, mix rice flour and ½ cup water. Heat over low heat, stirring constantly to prevent lumps until just thickened. Set aside to cool to lukewarm. Dissolve salt, sugar and yeast in 2 tablespoons water. Whisk into the cooled rice flour mixture. Add ½ - 1 tablespoon additional water if needed to form a spreadable mixture. The rice paste needs to be thin enough to spread over the loaf; but thick enough not to run off onto the pan. Cover, let sit 30 minutes. Just before using stir in oil.
7. Shape dough into a 10 x 3-inch long cylindrical, smooth loaf. Place on greased or parchment-lined baking sheet, cover with lightly sprayed plastic wrap and let rise 45 - 60 minutes.
8. Near the end of the rise, preheat oven to 425°F. Using a butter knife or off-set metal spatula, gently spread rice paste evenly on the loaf. Bake 35 - 40 minutes, or until golden and internal temperature is 200°F. Rotate pan during baking. Transfer loaf to rack.

**YIELD:** 1 large loaf, 24 servings.

**TEST KITCHEN NOTE:** If desired, 6 - 8 sandwich buns may be shaped from the dough, coating each with rice paste before baking. Bake time will be about 25 minutes.

\*Bob's Red Mill Stone Ground White Rice Flour was used.



## Wheat Germ Carrot Bars

This 1986 recipe from the Wheat Foods Council is quick-to-make and is a scrumptious snack.

**NUTRITION INFORMATION PER SERVING (1 BAR, 47g):** 170 calories, 80 calories from fat, 9g total fat, 5g saturated fat, 0g trans fat, 30mg cholesterol, 140mg sodium, 19g total carbohydrate, 2g dietary fiber, 11g sugars, 3g protein, 52mcg folate, 1mg vitamin C, 1mg iron.

## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup wheat germ
- 2 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{4}$  cup honey
- $\frac{2}{3}$  cup unsalted butter, softened
- 2 cups finely grated carrots
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  cup sweetened coconut
- $\frac{3}{4}$  cup chopped pecans
- Garnish: confectioners' sugar, optional

## DIRECTIONS

1. Preheat oven to 350°F. Spray a 13 x 9-inch baking pan with nonstick cooking spray or line with parchment paper.
2. In a medium bowl, whisk together flour, wheat germ, baking powder and salt. Whisk well to blend; set aside.
3. In the bowl of a stand mixer fitted with paddle, beat sugar, honey and butter until light and fluffy, 3 - 4 minutes. Scrape bowl.
4. Add carrots, eggs and vanilla. Beat well on low speed, about 2 minutes.
5. Gradually add flour mixture to carrot mixture; blend well. Stir in coconut and pecans.
6. Spread batter in prepared pan. Bake until a wooden pick inserted in center comes out clean, 23 - 25 minutes. Cool in pan on rack. Cut into bars and dust with confectioners' sugar, if desired.

**YIELD:** 24 bars.

**TEST KITCHEN NOTE:** 2 cups finely grated carrots (7 - 8 ounces) were spooned loosely into a dry measuring cup.



## Holiday Lemon Bundt® Cake

Holiday celebrations inspire the exchange of gifts between friends. This recipe can easily be baked in small pans for several holiday gifts. Delight family and holiday guests with this delicious recipe released in 1986 from the Wheat Foods Council.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 88g):** 310 calories, 120 calories from fat, 14 g total fat, 7g saturated fat, 0g trans fat, 55mg cholesterol, 190mg sodium, 44g total carbohydrate, 1g dietary fiber, 30g sugars, 4g protein, 41mcg folate, 2mg vitamin C, 2mg iron.

## INGREDIENTS

### CAKE

- 2 cups cake flour, divided
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup unsalted butter, room temperature
- 1 (8-ounce) package cream cheese, room temperature
- 1 ¼ cups granulated sugar
- 2 large eggs, room temperature
- 1 ½ teaspoons lemon extract
- 2 tablespoons grated lemon zest
- ¼ cup whole milk, room temperature
- ½ cup drained, chopped maraschino cherries
- ½ cup chopped hazelnuts

### DIRECTIONS

1. Preheat oven to 350°F. Spray a 10 to 12-cup Bundt® pan with nonstick baking spray; set aside.
2. In medium bowl, sift together 1¾ cups cake flour, baking powder, baking soda and salt; set aside.
3. In bowl of stand mixer fitted with paddle attachment, beat butter, cream cheese and sugar on medium until well combined. Add eggs, lemon extract and lemon zest; beat 2 minutes on medium-high or until very light and fluffy.
4. With mixer on low speed, alternately add flour mixture and milk to cream cheese mixture. Scrape sides of bowl to ensure batter is thoroughly mixed. Blend just until combined.
5. Toss remaining ¼ cup cake flour with maraschino cherries and hazelnuts. Fold into batter.
6. Pour batter into prepared pan. Tap gently on counter to release air bubbles. Bake 40 - 45 minutes or until a toothpick or cake tester comes out clean and cake is golden brown and internal temperature is 200°F - 210°F. Cool cake in the pan on a wire rack for 15 minutes. Run knife around edges of pan to loosen sides of cake. Remove cake from pan; cool completely on wire rack.
7. For lemon glaze: In medium bowl, whisk together confectioners' sugar and lemon juice to make desired drizzling consistency. Drizzle glaze over cooled cake and garnish with cherries and hazelnuts, if desired.

**YIELD:** 1 Bundt cake; 16 servings.

**TEST KITCHEN NOTES:** To substitute all-purpose flour for cake flour; replace each cup of cake flour with 1 cup minus 2 tablespoons all-purpose flour and add 2 tablespoons cornstarch per cup.

### LEMON GLAZE

- 1 ½ cups confectioners' sugar
- 2 tablespoons fresh lemon juice

### GARNISH

Maraschino cherries and hazelnuts, optional

COVER RECIPE

# Whole Wheat Sugar Cookies

## INGREDIENTS

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- ½ cup butter or margarine
- 1 cup granulated sugar
- 1 large egg
- 1 tablespoon grated orange peel
- 1 teaspoon vanilla extract
- 2 tablespoons low-fat milk

## TOPPING

- ½ teaspoon ground cinnamon
- 2 tablespoons granulated sugar



## DIRECTIONS


Preheat oven to 375°F. In small bowl, stir together whole wheat flour, baking powder, baking soda, salt and nutmeg. Set aside.

In a large mixing bowl, beat butter or margarine with an electric mixer on medium to high speed for 1 minute. Add the granulated sugar; beat mixture until combined. Stir in egg, orange peel and vanilla; beat mixture until well combined.

Stir in the flour mixture and milk just until combined.

Shape into 1-inch balls and place on ungreased cookie sheet 2 inches apart. Flatten slightly with bottom of a glass dipped in topping mixture.

Bake cookies 8 to 10 minutes or until golden brown. Transfer cookies to a wire rack to cool.



**NUTRITION INFORMATION PER SERVING (1 COOKIE, 29g):** 120 calories, 40 calories from fat, 4g total fat, 3g saturated fat, 0g trans fat, 20mg cholesterol, 105mg sodium, 18g carbohydrate, 1g dietary fiber, 10g sugars, 2g protein, 1mcg folate, 0mg vitamin C, 0mg iron.





## Campfire Biscuits

This 1987 Wheat Foods Council recipe produces hearty, flavorful biscuits which can be cooked over an open fire or baked in the oven.

**NUTRITION INFORMATION PER SERVING (1 BISCUIT, 63g):** 200 calories, 110 calories from fat, 12g total fat, 5g saturated fat, 0g trans fat, 10 mg cholesterol, 420mg sodium, 18g total carbohydrate, 1g dietary fiber, 1g sugars, 5g protein, 40mcg folate, 1mg vitamin C, 1mg iron.

## INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup nonfat dry milk
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ cup solid vegetable shortening
- 1 tablespoon instant minced onion
- 1 ½ teaspoons dried parsley flakes
- 1 cup shredded Cheddar cheese
- ¾ cup cold water plus 1 - 3 tablespoons
- ¼ cup butter or margarine, campfire option

## DIRECTIONS

1. Start your campfire or preheat oven to 450°F.
2. In a large bowl, stir together flour, dry milk, baking powder and salt.
3. Using a pastry blender or 2 forks, cut in shortening until mixture resembles coarse crumbs.
4. Stir in onion, parsley and cheese. (For camping, place dry mixture in a large, sealable bag. Pack the cheese and butter in a cooler and add when ready to prepare.)
5. When ready to make biscuits, gradually mix in enough water to make a soft dough that just comes together. Gently knead dough in bowl or bag for 30 seconds.
6. Pat or roll dough about ¾" thick.
7. To cook over an open fire: Melt ¼ cup butter or margarine in a cast-iron skillet or Dutch oven. Cut dough into squares, triangles or strips using a sharp knife or shape with hands. Add biscuits; cook 6 - 8 minutes on each side or until golden brown.
8. To bake in oven: Using a 2 ½-inch round cutter, cut dough, rerolling scraps. When cutting biscuits, push straight down without twisting. Generously grease bottom and sides of 10" - 12" cast-iron skillet and preheat in oven 5 minutes or until hot. Place biscuits in hot skillet or on greased or parchment-lined baking sheet. Bake until golden brown, about 13 - 15 minutes.

**YIELD:** 10 - 12 biscuits.

**TEST KITCHEN NOTE:** Stir in 1 – 1 ½ teaspoons garlic powder with the flour mixture for extra flavor. Double or triple this recipe and freeze the unbaked biscuits to enjoy another day.



## Soft Wheat Pretzels

If you are new to baking with yeast, you will enjoy making these soft, chewy pretzels. This Wheat Foods Council recipe from 1987 is fun and easy to make at home. They are so delicious, they do not even need to be dipped in a condiment.

**NUTRITION INFORMATION PER SERVING (1 PRETZEL without salt or seeds, 79g):** 200 calories, 40 calories from fat, 5g total fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 200mg sodium, 32g total carbohydrate, 3g dietary fiber, 1g sugars, 6g protein, 64mcg folate, 2mg vitamin C, 2mg iron.

## INGREDIENTS

### PRETZELS

- 2 cups bread flour or all-purpose flour
- 1 (¼ ounce) package instant yeast
- 1 ⅓ cups warm water (120°F - 130°F)
- 3 tablespoons vegetable oil
- 1 tablespoon honey
- 1 ½ cups whole wheat flour
- 1 teaspoon salt
- ¼ cup wheat germ

### EGG WASH

- 1 large egg
- 1 tablespoon water

### TOPPINGS (Optional)

- Pretzel salt
- Poppy seeds
- Sesame seeds

## DIRECTIONS

1. In the bowl of a stand mixer fitted with the paddle attachment, combine 2 cups bread flour and yeast.
2. Stir in water, oil and honey; beat at medium speed 3 minutes.
3. Stir in whole wheat flour, salt and wheat germ. Exchange paddle for dough hook attachment. Knead until dough is smooth and elastic, 4 - 5 minutes.
4. Cover dough; let rest 15 minutes. Grease 2 - 3 baking sheets or line with parchment paper.
5. Divide dough into 12 equal portions; cover, let rest 5 minutes. Starting from center and working outward, roll each piece into a 25" - 30" rope. (Do not flour the work surface because you need the tackiness of the surface to help roll the dough.)
6. To make pretzel shape, form a circle, bringing ends together, twisting twice and pressing ends onto the opposite curve of the circle. Transfer to prepared baking sheets; reshape to resemble heart. Repeat with remaining dough.
7. In a small bowl, whisk together egg and water; brush on pretzels. If desired, sprinkle each with coarse salt, poppy seeds or sesame seeds.
8. Bake in preheated 400°F oven until golden brown, 18 - 20 minutes, baking one pan at a time. Remove pretzels from baking sheets and serve warm with mustard or cheese sauce, if desired.

**YIELD:** 12 medium pretzels.



## Wheat Pizza Crust

In a hurry? This 1989 Wheat Foods Council recipe makes two whole grain pizzas in 60 minutes. The dough, made in the food processor, is quick to make, has few ingredients and will please any pizza lover.

**NUTRITION INFORMATION PER SERVING (1/8 of crust without toppings, 59g):** 130 calories, 20 calories from fat, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 150mg sodium, 24g total carbohydrate, 3g dietary fiber, 0g sugars, 4g protein, 30mcg folate, 1mg vitamin C, 1mg iron.

**TEST KITCHEN NOTE:** For a fun meal, arrange a make-your-own-pizza bar with ingredients and let everyone customize their pizza. A fun family activity is to make individual pizzettes: Divide dough into 8 equal pieces; cover, let rest 10 minutes. Shape into 6" - 7" rounds. Prebake 4 minutes, add toppings and bake 8 – 9 minutes or until done.

## INGREDIENTS

2 cups whole wheat flour\*  
2 cups all-purpose flour  
1 teaspoon salt  
1 (¼ ounce) package instant yeast  
2 tablespoons olive oil  
1 ½ cups warm water (105°F) plus 3 - 4 tablespoons  
Olive oil

*\*Try white whole wheat flour with its mild flavor and light color in this recipe.*

## DIRECTIONS

1. If using a baking stone, place in cold oven and preheat to 475°F for 30 - 60 minutes.
2. In medium-sized (11-cup) food processor insert dough or metal blade. Add the whole wheat flour, all-purpose flour, salt and yeast to the bowl. Cover and process 15 seconds.
3. Add olive oil to 1 ½ cups warm water. With lid on bowl and processor running, pour liquid mixture through feed tube in a slow, steady stream as fast as the flour mixture will absorb it. Gradually add 3 - 4 tablespoons water to form a slightly sticky dough. Dough should form a ball and clean the inside of the bowl. Process an additional 60 seconds to knead the dough.
4. Place dough in lightly greased bowl, cover and let rise until doubled, 20 minutes. Meanwhile, prepare toppings.
5. Divide dough in half. Cover dough and let rest 10 minutes.
6. Shape each half into a 12" - 14" round. Transfer to a greased pizza pan or parchment-lined baking sheet or pizza peel dusted with flour. Puncture crust well with fork tines.
7. To avoid a soggy crust, prebake the crust about 4 minutes. During baking if puffing occurs, puncture crust again.
8. Remove from oven and add desired toppings. Lightly brush the edge of crust with olive oil. Return to oven; check for doneness in 10 - 15 minutes or until edges of crust are golden brown and cheese is melted. Remove from oven and let set for a few minutes before cutting.

**YIELD:** 2 (12" – 14") pizza crusts, 8 slices each, or 8 (6" – 7") pizettes.



## Double Wheat Waffles

A go-to quick waffle, crisp on the outside, fluffy on the inside. Wake up to these delicious waffles, a 1990 recipe from the Wheat Foods Council.

**NUTRITION INFORMATION PER SERVING (1 WAFFLE, 197g):** 380 calories, 120 calories from fat, 13g total fat, 7g saturated fat, 0g trans fat, 105mg cholesterol, 840mg sodium, 54g total carbohydrate, 3g dietary fiber, 12g sugars, 13g protein, 133mcg folate, 1mg vitamin C, 3mg iron.

## INGREDIENTS

- 2 large eggs
- 2 cups low-fat buttermilk
- ½ cup whole wheat flour
- 1½ cups all-purpose flour
- ¼ cup wheat germ
- 3 tablespoons granulated sugar
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup butter, melted

## DIRECTIONS

1. Preheat waffle iron to desired browning setting. Spray waffle maker with nonstick cooking spray.
2. In a medium bowl whisk eggs until fluffy; beat in remaining ingredients just until combined (small lumps are OK).
3. Pour ½ - ¾ cup batter into center of hot waffle iron and close the lid. For best results, do not open waffle maker during cooking process. Cook until golden-brown and crisp, or until the light illuminates, indicating the waffle is done, 2 - 5 minutes.
4. Remove waffle carefully and repeat with remaining batter. The waffles may be kept warm until serving by arranging on a rack placed on a cookie sheet in a 200°F oven. Serve hot waffles with fresh fruit, jam, confectioners' sugar, warm syrup, whipped cream or fried chicken strips.

**YIELD:** 5 waffles.

**TEST KITCHEN DO-AHEAD TIP:** After baking, cool waffles and wrap individually; freeze. To heat, unwrap and bake on ungreased cookie sheet in 400°F oven until hot, 8 - 10 minutes.





## Pumpkin Bran Muffins

This recipe first appeared in the 1991 Bake and Take with Wheat Foods brochure, sponsored by the Kansas Wheat Commission and the Wheat Foods Council. Bake and Take Day has brought joy to thousands of individuals who have been the recipients of baked wheat treats.

**NUTRITION INFORMATION PER SERVING (1 MUFFIN, 66g):** 150 calories, 35 calories from fat, 4 g total fat, 1g saturated fat, 0g trans fat, 10mg cholesterol, 190mg sodium, 28g carbohydrate, 3g dietary fiber, 17g sugars, 3g protein, 43mcg folate, 2mg vitamin C, 3mg iron.

## INGREDIENTS

- 1 ½ cups 100% bran cereal\*
- ¾ cup dried cranberries or raisins
- ½ cup boiling water
- ¾ cup low-fat buttermilk
- ¾ cup granulated sugar
- 1 large egg, slightly beaten
- ½ cup canned pumpkin
- ¼ cup vegetable oil
- 1 ¼ cups all-purpose flour
- 1 ¼ teaspoons baking soda
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves or ground nutmeg

\*Kellogg's® All-Bran Original® wheat bran cereal

## DIRECTIONS

1. Preheat oven to 400°F. Line a standard-size (2 ½ x 1 ¼-inch) muffin pan with liners or coat with nonstick cooking spray.
2. In a large bowl, combine cereal, cranberries or raisins and boiling water. Let stand 2 minutes.
3. Add buttermilk, sugar, egg, pumpkin and oil; mix thoroughly.
4. In a medium bowl, whisk together flour, soda, salt, cinnamon, allspice, cloves or nutmeg.
5. Add flour mixture to the pumpkin mixture, stirring just until combined. Do not overmix.
6. Spoon batter into prepared muffin cups, filling each three-quarters full.
7. Bake until a wooden pick inserted in center comes out clean, 18 – 20 minutes. The internal temperature should register 200°F - 205°F on an instant-read thermometer. Let cool in pans for 5 minutes. Serve warm or at room temperature.

**YIELD:** 14 - 16 medium muffins.

**TEST KITCHEN NOTE:** Recipe is easily doubled. Batter can be stored in a tightly sealed container and refrigerated up to one week.



## Bread Bowl with 15 Minute Chicken Enchilada Soup

A delicious way to enjoy soup with a homemade bread bowl. This super easy recipe was promoted by the Wheat Foods Council in 2007.

**NUTRITION INFORMATION PER SERVING (1 BREAD BOWL, 263g):** 600 calories, 70 calories from fat, 8g total fat, 1g saturated fat, 0g trans fat, 30mg cholesterol, 800mg sodium, 110g total carbohydrate, 8g dietary fiber, 3g sugars, 20g protein, 192mcg folate, 0mg vitamin C, 6mg iron.

## INGREDIENTS

### BREAD

- 2 ½ cups warm water (110°F - 115°F)
- 2 (¼ ounce) packages active dry yeast
- 1 tablespoon granulated sugar
- 2 teaspoons salt
- 2 tablespoons vegetable oil
- 2 cups whole wheat flour
- 4 – 4 ½ cups bread flour

### EGG WASH

- 1 large egg, beaten
- 1 tablespoon milk or water

### TOPPING

- Sesame seeds, optional

## DIRECTIONS

1. In bowl of stand mixer fitted with paddle or a large bowl, combine warm water and yeast; let proof 5 - 10 minutes. Add sugar, salt, oil and whole wheat flour; beat 2 minutes.
2. Gradually add enough bread flour to make a slightly stiff dough.
3. Exchange paddle for dough hook or turn onto lightly floured board; knead 10 minutes until dough is smooth and elastic.
4. Place dough in bowl that has been lightly coated with nonstick spray, turning to grease top. Cover; let rise until doubled, about 1 hour.
5. Deflate dough; divide into 6 equal pieces. Cover and let rest 10 minutes. Shape each piece into a round uniform ball by stretching the sides toward the bottom and pinching to make a tight ball. Set balls pinched-side down on baking sheet lined with parchment or coated with nonstick spray. Cover with plastic wrap; let rise in warm place until doubled, about 45 minutes.
6. Preheat oven to 400°F. Using a sharp knife, score surface with shallow cuts in an “X” pattern. Combine egg and milk or water; gently brush mixture on dough. If desired, sprinkle on sesame seeds. Bake 17 - 20 minutes. The bread is done when it's golden brown, and an instant-read thermometer inserted registers 200°F. Allow to cool completely on a rack before cutting.
7. To serve, cut a 3 ½” circle off the top of bread. Hollow out bottom portion of loaf, leaving a ½” shell. Save removed bread for another use. Fill the bread bowl with your favorite soup.

**YIELD:** 6 medium bowls.

**TEST KITCHEN NOTE:** The bread bowl holds about 1 cup soup. Delicious to eat once the soup has soaked into the bread.