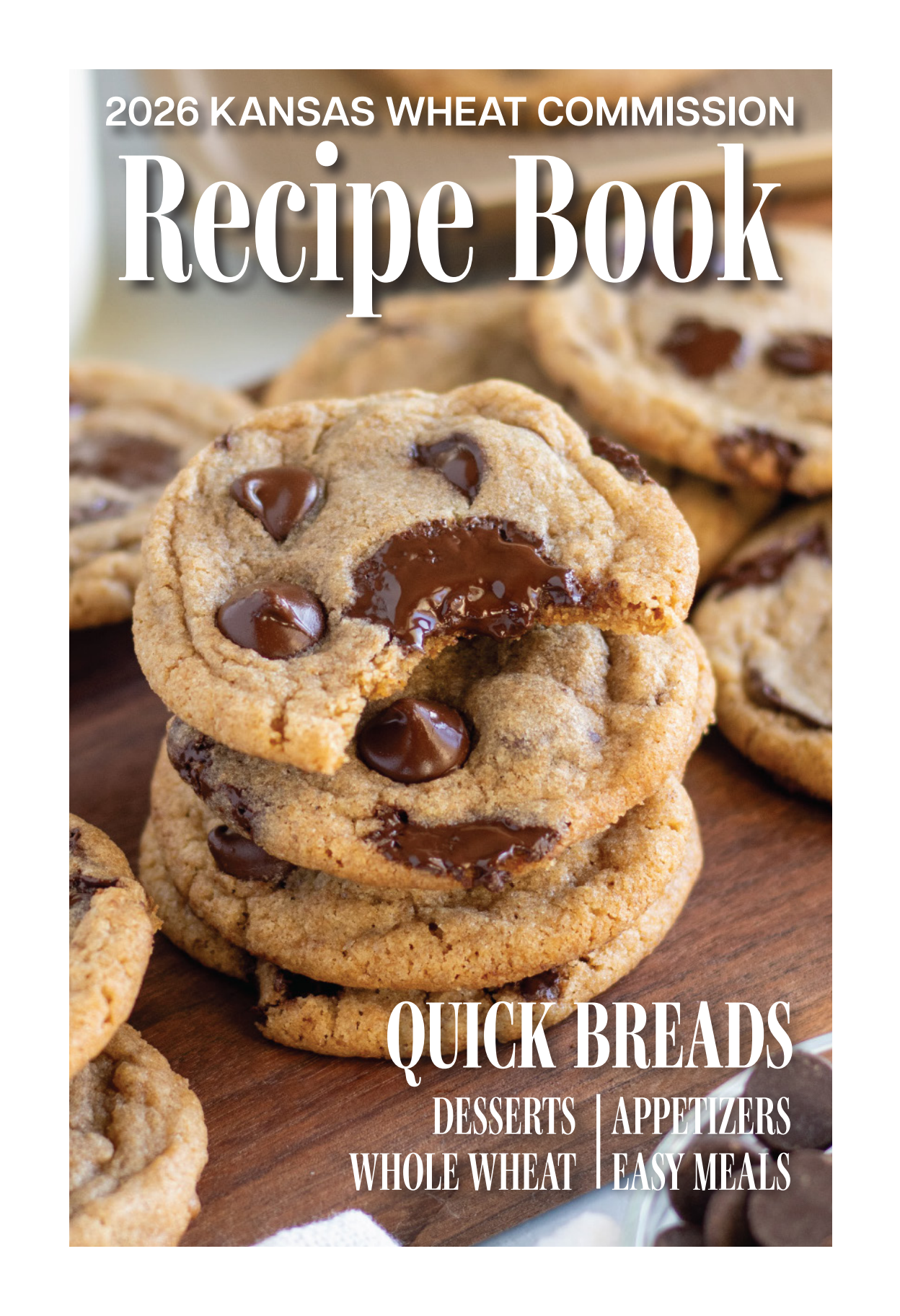


A close-up photograph of a stack of three chocolate chip cookies on a dark wooden surface. The top cookie is broken in half, revealing a gooey, melted chocolate center. Several chocolate chips are visible on the surface of the cookies. Other cookies are scattered in the background, slightly out of focus.

2026 KANSAS WHEAT COMMISSION

Recipe Book

QUICK BREADS

DESSERTS

APPETIZERS

WHOLE WHEAT

EASY MEALS

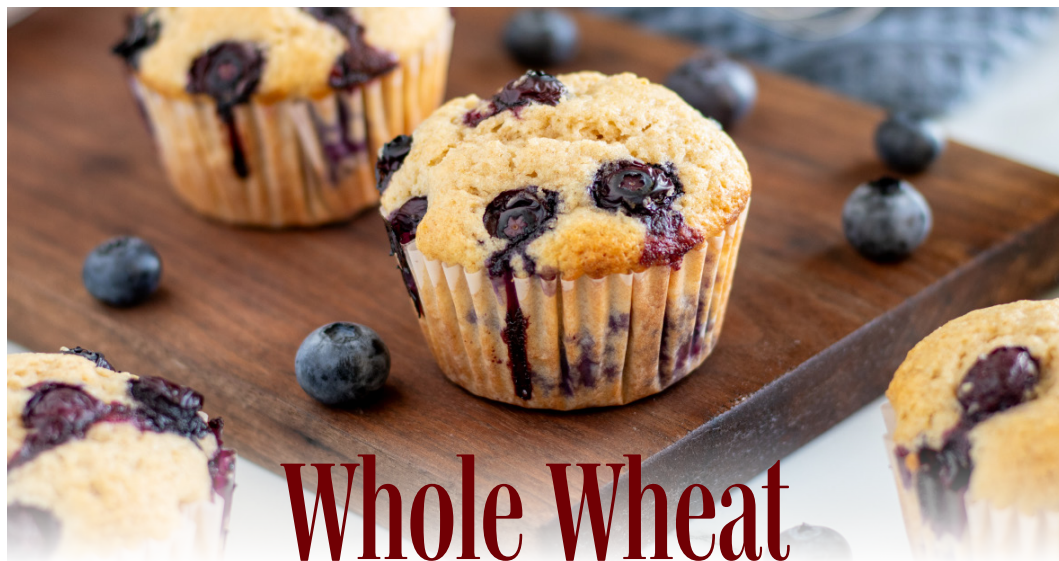
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The 2026 edition of the Kansas Wheat Commission Recipe Book features recipes from eatwheat.org. This collection of recipes takes the baker through different categories like, whole wheat foods, easy bread recipes, quick dinner ideas, simple appetizers and delicious desserts.

The 2026 Kansas Wheat Commission Recipe Book has a new look. From classic breads like in recipe books past, to new ideas for the kitchen. This fresh take on the Kansas Wheat Commission Recipe Book is for amateur and experienced bakers alike. For more, visit eatwheat.org for a catalog of over 500 recipes for every occasion.

Recipes have been reviewed and tested by Krista Gent, a food scientist contracted by the Kansas Wheat Commission.



Whole Wheat Blueberry Muffins

1 ½ cups all-purpose flour
1 cup whole wheat flour
1 cup granulated sugar
2 ½ teaspoons baking powder
¼ teaspoon salt

2 large eggs
1 cup buttermilk
6 tablespoons unsalted butter, melted
2 cups fresh blueberries

1. Preheat oven to 400°F. Line muffin pans with 18 paper or foil muffin liners. Set aside.
2. In a large bowl, combine both flours, sugar, baking powder and salt.
3. In a small bowl, combine the eggs, buttermilk and butter.
4. Stir wet ingredients into dry ingredients, just until moistened. Fold in blueberries.
5. Fill prepared muffin cups $\frac{3}{4}$ full. Bake in preheated oven for 20-24 minutes, or until a toothpick inserted in the center muffin comes out clean.

YIELD: 18 servings.

NUTRITION INFORMATION: Serving size: 1 muffin, 70g | Calories: 160kcal | Carbohydrates: 27g | Protein: 3g | Fat: 5g | Saturated Fat: 3g | Trans Fat: 0g | Cholesterol: 30mg | Sodium: 55mg | Fiber: 1g | Sugar: 13g | Vitamin C: 2mg | Calcium: 50mg | Iron: 0.9mg | Folate: 16mcg



Whole Wheat Double Chocolate Zucchini Bread

1 ¼ cups whole wheat flour
¼ cup unsweetened cocoa powder
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon baking powder
1 cup granulated sugar

½ cup vegetable oil
2 large eggs
1 teaspoon vanilla extract
1 cup zucchini, peeled, de-seeded
and shredded
½ cup semisweet chocolate chips

1. Preheat oven to 350°F. Spray 8x4-inch loaf pan and set aside.
2. In a medium bowl, mix flour, cocoa, baking soda, salt and baking powder.
3. In a large bowl, mix sugar, oil, eggs, vanilla and zucchini. Add dry ingredients and mix well. Gently fold in chocolate chips.
4. Pour batter into prepared loaf pan. Bake in preheated oven for 65-70 minutes, or until a toothpick inserted in the center comes out clean.
5. Cool in the pan on a wire rack for 15 minutes. Remove bread from the pan and cool completely before slicing.

YIELD: 12 servings.

NUTRITION INFORMATION: Serving Size: 1 slice, 82g | Calories: 300kcal | Carbohydrates: 39g | Protein: 5g | Fat: 15g | Saturated Fat: 11g | Trans Fat: 0g | Cholesterol: 35mg | Sodium: 140mg | Fiber: 3g | Sugar: 25g | Vitamin C: 4mg | Calcium: 40mg | Iron: 1.2mg | Folate: 0mcg



Whole Wheat Chocolate Chip Cookies

¾ cup granulated sugar
¾ cup packed brown sugar
1 cup butter, softened
1 teaspoon vanilla extract
1 large egg

2 cups whole wheat flour
1 teaspoon baking soda
½ teaspoon salt
1 package (10-ounce) dark
chocolate chips

1. Preheat oven to 375°F.
2. In a large bowl, mix sugars and butter with an electric mixer on medium speed for 2-3 minutes.
3. Add vanilla and egg; mix well.
4. Stir in flour, baking soda and salt; mix well.
5. Gently stir in chocolate chips. Chill dough in the refrigerator for 30 minutes.
6. Drop dough by rounded tablespoonfuls about 2 inches apart onto an ungreased cookie sheet.
7. Bake 8-10 minutes or until light brown – centers will be soft. Cool slightly and then move to a wire rack to cool completely.

YIELD: 36 servings.

NUTRITION INFORMATION: Serving size: 1 cookie, 31g | Calories: 130kcal | Carbohydrates: 18g | Protein: 2g | Fat: 8g | Saturated Fat: 4.5g | Trans Fat: 0 | Cholesterol: 20mg | Sodium: 70mg | Fiber: 4g | Sugar: 9g | Vitamin C: 0mg | Calcium: 10mg | Iron: 0.9mg | Folate: 0mcg



Bread Machine English Muffins

1 cup whole milk
3 tablespoons unsalted butter, cubed
& softened
1 large egg, at room temperature
½ teaspoon salt

2 teaspoons granulated sugar
3 cups all-purpose flour
1 ½ teaspoons active dry yeast
2-3 tablespoons cornmeal

1. Add all ingredients, except for cornmeal, to the bread machine pan in the order listed.
2. Start the machine on the dough cycle. During the first couple minutes, if the dough seems too sticky, add flour, 1 tablespoon at a time, until it gathers around the mixing paddle.
3. Meanwhile, sprinkle cornmeal over the work area. When the cycle is finished, punch the dough down, remove from the machine pan and pat the dough into a ¾-inch thick rectangle on the prepared work area. Turn the dough so that each side is lightly coated with cornmeal.
4. Using a 3 ½-inch round cutter, cut into 12 rounds. Gather dough trimmings and re-pat as needed until all dough is used.
5. Place the rounds on a baking sheet, cover and let rise for 15-20 minutes, until not quite doubled.
6. Toward the end of the rising time, preheat a dry cast iron skillet or griddle over low heat for about 5-6 minutes.
7. Cook the muffins for about 7-9 minutes on each side, until golden brown, slightly deflating while cooking on the second side.
8. Split the muffins with a serrated knife and serve warm.

YIELD: 12 servings.

NUTRITION INFORMATION: Serving size: 1 muffin, 31g | Calories: 50kcal | Carbohydrates: 3g | Protein: 2g | Fat: 4g | Saturated Fat: 2.5g | Trans Fat: 0g | Cholesterol: 115mg | Sodium: 115mg | Fiber: 0g | Sugar: 2g | Vitamin C: 0mg | Calcium: 30mg | Iron: 0.1mg | Folate: 0mcg



Cheesy Garlic Drop Biscuits

¾ cup unsalted butter, divided
2 cups all-purpose flour
1 tablespoon granulated sugar
1 tablespoon baking powder
1 tablespoon garlic powder

1½ teaspoon salt, divided
1 cup whole milk
2 cups shredded Cheddar cheese
1 teaspoon dried parsley

1. Preheat oven to 425°F. Prepare a baking sheet with a silicone baking mat or parchment paper.
2. In a medium microwave-safe bowl, heat ½ cup butter until melted, about 45 seconds. Set aside to cool.
3. In a large mixing bowl, mix the flour, sugar, baking powder, garlic powder and 1 teaspoon salt.
4. Pour the milk and the melted butter over the dry mixture and stir until just combined, making sure not to overmix. Fold in shredded cheese.
5. Drop by large spoonfuls onto the prepared baking sheet, making 10 medium biscuits.
6. Bake 10-12 minutes, until biscuits are golden brown.
7. While biscuits are baking, melt remaining ¼ cup butter in a small mixing bowl. Add parsley and remaining ½ teaspoon salt; stir.
8. When biscuits are removed from the oven, immediately and generously brush with the butter mixture. Serve hot.

YIELD: 10 servings.

NUTRITION INFORMATION: Serving size: 1 biscuit, 94g | Calories: 270kcal | Carbohydrates: 24g | Protein: 11g | Fat: 15g | Saturated Fat: 9g | Trans Fat: 0g | Cholesterol: 45mg | Sodium: 860mg | Fiber: 1g | Sugar: 3g | Vitamin C: 0mg | Calcium: 390mg | Iron: 1.4mg | Folate: 40 mcg



Berry Berry Bagels

½ cup nonfat vanilla Greek yogurt
½ cup nonfat raspberry Greek yogurt
1 ⅓ cups self-rising flour
1 tablespoon granulated sugar
(or no-calorie Stevia)

1 teaspoon vanilla extract
½ cup fresh blueberries
1 egg white, beaten

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. In a medium bowl, combine the yogurt, flour, sugar and vanilla until a soft dough forms.
3. Gently fold in blueberries.
4. On a lightly floured surface, divide dough into 6 equal pieces. Roll each piece into an 8-inch rope; then pinch the ends together to form a circle. Arrange on prepared baking sheet.
5. Gently brush each bagel with egg white. Bake for 20-25 minutes or until golden brown.
6. Allow to rest 5-10 minutes before serving.

YIELD: 6 servings.

NUTRITION INFORMATION: Serving size: 1 bagel, 91g | Calories: 160kcal | Carbohydrates: 32g | Protein: 7g | Fat: 0g | Saturated Fat: 0g | Trans Fat: 0g | Cholesterol: 0mg | Sodium: 390mg | Fiber: 1g | Sugar: 8g | Vitamin C: 1mg | Calcium: 150mg | Iron: 1.5mg | Folate: 49mcg



Smothered Burritos

1 can (10-ounces) green enchilada sauce

$\frac{3}{4}$ cup salsa verde

1 pound lean ground beef

$\frac{1}{2}$ teaspoon cumin

$\frac{1}{2}$ teaspoon chili powder

4, 10-inch flour tortillas

$1\frac{1}{2}$ cups shredded Cheddar cheese, divided

1. Preheat oven to 375°F. Spray 11x7-inch baking dish and set aside.
2. In a small bowl, mix enchilada sauce and salsa verde. Set aside.
3. In a large skillet, cook beef over medium heat until no longer pink, 8-10 minutes, breaking into crumbles; drain. Stir in $\frac{1}{2}$ cup sauce mixture, cumin and chili powder.
4. Spoon $\frac{3}{4}$ cup beef mixture across center of each tortilla. Top with 3 tablespoons cheese. Fold bottom and side of tortilla over filling and roll up. Place in prepared baking dish.
5. Pour remaining sauce mixture over top; sprinkle with remaining cheese.
6. Bake, uncovered, until cheese is melted, 10-15 minutes. Serve.

YIELD: 4 servings.

NUTRITION INFORMATION: Serving size: 1 burrito, 323g | Calories: 410kcal | Carbohydrates: 33g | Protein: 40g | Fat: 13g | Saturated Fat: 4.5g | Trans Fat: 0g | Cholesterol: 80mg | Sodium: 1710mg | Fiber: 1g | Sugar: 3g | Vitamin C: 6mg | Calcium: 300mg | Iron: 4.9mg | Folate: 0mcg

The Six Classes of Wheat

Durum

Durum is the hardest of all six wheat classes. The Northern Plains grow hard amber durum, while the desert Southwest (Arizona, California) grows Desert Durum® under irrigation.

With a rich amber color and high gluten content, durum wheat is used primarily for pasta, couscous and some Mediterranean breads.



Hard Red Winter (HRW)

95% of the wheat grown in Kansas is HRW wheat. Kansas farmers grow more HRW wheat than any other state.

With high protein and strong gluten, HRW wheat is ideal for yeast bread and rolls. But, this versatile class is also used in flat breads, tortillas, cereal, general purpose flour and some types of Asian-style noodles.



Soft Red Winter (SRW)

Less than 1% of the wheat planted by Kansas wheat farmers is SRW; the rest is planted east of the Mississippi River.

Soft wheats have lower protein and less gluten strength. This makes SRW ideally suited for cookies, crackers, pastries, flat breads and pretzels. SRW wheat is even used in *Maker's Mark* and *Twizzlers*.



Hard White (HW)

About 3% of wheat grown by Kansas farmers is HW wheat. It is also grown in Nebraska, Montana, Idaho, Washington and California.

HW wheat is used for whole wheat white flour. Bakers also use HW wheat in pan breads, tortillas, flat breads and Asian-style noodles.



Hard Red Spring (HRS)

Northern Plains farmers require a shorter season wheat crop. HRS wheat is planted in early spring and is harvested in the fall.

HRS wheat has high protein and strong gluten, perfect for artisan breads and rolls, croissants, bagels and pizza crust. Internationally, HRS is often blended with domestic wheats, improving the flour strength.



Soft White (SW)

Pacific Northwest farmers grow primarily SW wheat – both winter and spring varieties. SW wheat has two sub-classes. Club wheat has very weak gluten and western white is a blend of club and SW.

SW wheat has low moisture, but high extraction rates. With a naturally whiter color, SW wheat is used for Asian-style bakery products, cakes, crackers and pastries.



Nutritional Benefits of Wheat

Throughout the ages of fad diets, such as Keto, Paleo, Whole30, etc., carbohydrates always get a bad rap and are accused of being unhealthy. As a result, many think that wheat is unhealthy.

Contrary to popular belief, wheat is a highly nutritious source of protein and several vitamins and minerals. The three parts of a wheat kernel are the bran, germ and endosperm. Wheat kernels are packed with vitamins, minerals, phytochemicals, fiber and healthy fats.

During the milling process, the bran and germ are separated to create all-purpose flour. All-purpose flour is enriched to replace some of the nutrients that are lost by separating the bran and germ. Whole wheat flour contains all three parts of the wheat kernel. Wheat kernels are high in protein compared to other grains, with 9 grams of protein in a serving (48 grams). They are also low fat, with only 1.5 grams of unsaturated fat per serving. Wheat kernels contain a magnitude of vitamins and minerals, including iron, zinc, several B vitamins, magnesium and more.

These nutrients not only keep your energy up, but also support your brain, nervous system, immune system, heart health, help carry oxygen throughout the body and help build strong bones. Whether you choose whole wheat flour, enriched all-purpose flour or even eating the cooked whole kernels, wheat is a great source of protein, vitamins and minerals.

Honoring 40 Years of Service from Cindy Falk

For 40 years, Cindy Falk connected Kansas wheat farmers with consumers through baking, education and outreach.

Her career with the Kansas Wheat Commission began in 1985 as a volunteer Speak for Wheat spokesperson and grew into a lasting legacy of promoting wheat foods and science-based nutrition. Falk contributed to 37 editions of the Kansas Wheat Commission recipe book, helped grow the Kansas Festival of Breads into the National Festival of Breads and welcomed bakers, consumers and visitors into the world of Kansas wheat.

Raised on her grandparents' wheat farm near Laclede, Kansas, Falk brought a personal connection to agriculture to everything she did. As she retires from Kansas Wheat, she leaves behind a legacy of education, baking and helping people understand the farmers and food behind every loaf.





Grilled Chicken Bacon Avocado Wrap

½ cup mayonnaise	1 large avocado, diced
1 teaspoon dried basil	6 slices bacon, cooked and chopped
2 teaspoons lemon juice	1 large boneless, skinless chicken breast, grilled and sliced
¼ teaspoon salt	6 large garden spinach herb tortilla wraps
¼ teaspoon pepper	
3 cups shredded romaine lettuce	

1. In a small mixing bowl, combine the mayonnaise, basil, lemon juice, salt and pepper.
2. In a large bowl, toss together lettuce, avocado, bacon and chicken.
3. Add mayonnaise mixture to the large bowl and toss to coat evenly.
4. Divide filling evenly among the 6 wraps. Fold in the sides toward the middle, then roll up from the bottom over the filling. Secure with a toothpick, if necessary.

YIELD: 6 servings.

NUTRITION INFORMATION: Serving size: 1 wrap, 188g | Calories: 540kcal | Carbohydrates: 29g | Protein: 19g | Fat: 39g | Saturated Fat: 7g | Polyunsaturated Fat: 18g | Monounsaturated Fat: 12g | Cholesterol: 60mg | Sodium: 1050mg | Fiber: 2g | Sugar: 1g | Vitamin C: 7mg | Calcium: 120mg | Iron: 1.8mg | Folate: 0mcg



Easy Air Fryer Pizza

1 can (16.3-ounces) refrigerated biscuits
with flaky layers
1 cup pizza sauce

½ pound Italian sausage, fully cooked
1 package (3.5-ounces) pepperoni slices
8 ounces shredded Mozzarella cheese

1. Separate each biscuit and roll into a 4-inch circle.
2. Top each dough circle with about 2 teaspoons of pizza sauce. Add pepperoni and sausage, then top with Mozzarella cheese.
3. Spray the air fryer basket with non-stick cooking spray. Cooking in batches, gently transfer 1-2 pizzas to the basket, leaving about 1 inch of space between each.
4. Air fry the pizzas at 400°F for 4 minutes, or until golden brown.
5. Remove the pizzas from the basket and cool slightly on a wire cooling rack. Repeat the cooking process with the remaining pizzas.

YIELD: 8 servings.

NUTRITION INFORMATION: Serving size: 1 pizza, 146g | Calories: 320kcal | Carbohydrates: 31g | Protein: 16g | Fat: 14g | Saturated Fat: 6g | Trans Fat: 0g | Cholesterol: 40mg | Sodium: 1010mg | Fiber: 2g | Sugar: 4g | Vitamin C: 4mg | Calcium: 260mg | Iron: 2.2mg | Folate: 0mcg



Buffalo Chicken Puff Pastry Pinwheels

2 cups finely chopped, cooked boneless skinless chicken thighs
8 ounces cream cheese, softened
2 ounces shredded Mozzarella cheese
 $\frac{1}{3}$ cup finely chopped scallions (from 3 scallions)
3 tablespoons buffalo-style hot sauce

$\frac{1}{2}$ teaspoon salt
1 (17.25-ounces) package frozen puff pastry sheets (2 sheets), thawed
All-purpose flour, for work surface
Optional garnish: ranch dressing and chopped parsley

1. Preheat oven to 425°F. Line two baking sheets with parchment paper and set aside.
2. In a medium bowl, stir together chicken, cream cheese, Mozzarella cheese, scallions, hot sauce and salt until well combined.
3. On a lightly floured work surface, roll each thawed puff pastry sheet into a 15x12-inch rectangle. Spread half of the cream cheese mixture on each pastry rectangle, leaving a $\frac{1}{2}$ -inch border on all sides.
4. Beginning with the long side, roll up each rectangle, jelly-roll style. Brush border with water and pinch pastry to seal seam. Place rolls seam side down on prepared baking sheets and chill for 10 minutes.
5. Transfer rolls to a cutting board and, using a serrated knife, cut each roll into 20 slices and place back on prepared baking sheet, 2 inches apart.
6. Bake in preheated oven for 13-15 minutes, or until medium golden brown. Serve hot or at room temperature.
7. Sprinkle with chopped parsley and dip in or drizzle with ranch dressing.

YIELD: 10 servings.

NUTRITION INFORMATION: Serving size: 1 pinwheel, 84g | Calories: 240kcal | Carbohydrates: 13g | Protein: 12g | Fat: 15g | Saturated Fat: 4.5g | Trans Fat: 0g | Cholesterol: 40mg | Sodium: 450mg | Fiber: 0g | Sugar: 1g | Vitamin C: 5mg | Calcium: 80mg | Iron: 0.9mg | Folate: 11mcg



Easy Steak Bruschetta

½ teaspoon dried oregano

½ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon garlic powder

¼ teaspoon cumin

1 lime, juiced (about 1 teaspoon)

1, 8-ounce beef steak tenderloin

¼ cup fresh chimichurri sauce

½ cup fresh pico de gallo

¼ cup Queso Fresco, crumbled

1 loaf (10-ounces) French baguette, sliced into ½-inch slices and lightly toasted

1. In a medium bowl, mix the seasonings and lime juice. Add the steak, toss to coat and allow to marinate for at least 10 minutes.
2. Cook steak in cast-iron skillet over medium-high heat for 3-5 minutes on each side, based on thickness. Internal temperature should reach 135°-145°F, depending on preference.
3. Allow steak to rest 5 minutes and then slice into small bite-sized chunks.
4. To assemble steak bruschetta, arrange prepared bread slices on large baking sheet. Spread about 1-2 teaspoons of pico de gallo over the bread. Next, layer a generous amount of steak. Drizzle the chimichurri sauce over the steak and sprinkle crumbled Queso Fresco on the top.

YIELD: 15 servings.

NUTRITION INFORMATION: Serving size: 1 steak bruschetta, 33g | Calories: 70kcal | Carbohydrates: 2g | Protein: 5g | Fat: 4.5g | Saturated Fat: 2g | Trans Fat: 0g | Cholesterol: 15mg | Sodium: 190mg | Fiber: 0g | Sugar: 1g | Vitamin C: 1mg | Calcium: 20mg | Iron: 0.7mg | Folate: 5mcg



Harvest Snack Mix

3 cups wheat cereal squares

2 cups rice cereal squares

1 cup granola

1 cup sweetened dried cranberries

$\frac{3}{4}$ cup pepitas

$\frac{1}{2}$ cup chopped pecans

$\frac{1}{4}$ cup butter, melted

$\frac{1}{4}$ cup brown sugar, packed

2 teaspoon ground cinnamon

1 teaspoon maple extract
(or vanilla extract)

$\frac{1}{4}$ teaspoon salt (optional)

1. Heat oven to 250°F.
2. In a large microwave-safe bowl, melt the butter in the microwave for about 30 seconds, or until completely melted. Stir in the maple extract, cinnamon, brown sugar and salt until combined.
3. Add the remaining ingredients. Spread onto a parchment lined baking sheet.
4. Bake 1 hour, stirring every 15 minutes. Pour out onto parchment paper and let the mix cool at room temperature for about 5–10 minutes.

YIELD: 36 servings.

NUTRITION INFORMATION: Serving size: 22g or $\frac{1}{4}$ cup | Calories: 110kcal | Carbohydrates: 12g | Protein: 2g | Fat: 6g | Saturated Fat: 1.5g | Trans Fat: 0g | Cholesterol: 5mg | Sodium: 20mg | Fiber: 1g | Sugar: 7g | Vitamin C: 0mg | Calcium: 10mg | Iron: 1.1mg | Folate: 0mcg



Pink Lemonade Thumbprint Cookies

2 ½ cups all-purpose flour	4 tablespoons freshly squeezed lemon juice, divided
¾ cup confectioners' sugar, divided	3 medium fresh raspberries
1 teaspoon salt	1 cup confectioners' sugar
1 cup unsalted butter, softened	½ cup confectioners' sugar
2 tablespoons finely grated lemon zest	

1. Preheat oven to 325°F.
2. In a medium bowl, whisk together flour, ½ cup confectioners' sugar and salt. Set aside.
3. In the bowl of a stand mixer, beat together butter, ¼ cup confectioners' sugar, lemon zest and 3 tablespoons lemon juice. Beat on medium speed until light and fully combined, about 4-5 minutes. Beat in the flour mixture on low speed until just combined.
4. Roll the dough into 1-inch balls and place in the freezer for 12-15 minutes.
5. Transfer dough balls to a cookie sheet lined with parchment paper or silicone baking mat, spacing 2 inches apart.
6. Bake for 10 minutes. Remove from oven and gently press the rounded part of a teaspoon into the center of each ball to create an indentation. Continue baking for 16-18 more minutes or until the cookies just start to brown on the bottom. Place the cookie sheets on a wire rack to cool.
7. Make the glaze by breaking up the raspberries with a fork and whisking together with confectioners' sugar and reamaining 1 tablespoon of lemon juice.
8. Garnish by dusting the cooled cookies with confectioners' sugar. Then spoon or pipe the glaze into the indentations. Let the cookies set for at least 10 minutes.

YIELD: 36 servings.

NUTRITION INFORMATION: Serving size: 1 cookie, 26g | Calories: 80kcal | Carbohydrates: 14g | Protein: 1g | Fat: 5g | Saturated Fat: 3g | Trans Fat: 0g | Cholesterol: 15mg | Sodium: 170mg | Fiber: 0g | Sugar: 0g | Vitamin C: 2mg | Calcium: 30mg | Iron: 0.4mg | Folate: 14mcg



Strawberry Dessert Panini

2 tablespoons sliced almonds

2 slices sourdough bread

2 tablespoons chocolate-hazelnut spread

2 tablespoons marshmallow crème

4 medium strawberries, sliced

2 tablespoons salted butter, softened

1 teaspoon powdered sugar

1. Preheat panini maker.
2. Toast the almonds in a small skillet over medium heat until golden brown, about 2-3 minutes.
3. Spread a thick layer of chocolate-hazelnut spread on one slice of the sourdough bread. Spread marshmallow crème on the other slice of sourdough bread.
4. Layer the toasted almonds over the chocolate-hazelnut spread and layer the strawberries over the marshmallow crème. Place one over the other to close the sandwich.
5. Butter the top side of the sandwich and put it on the hot panini maker butter-side down. Butter the other side of the sandwich and close the lid.
6. Press and cook the sandwich until toasted and warmed through, about 1-2 minutes.
7. Remove from panini maker and dust with powdered sugar. Cut in half and serve!

YIELD: 1 serving.

NUTRITION INFORMATION: Serving size: 1 panini, 199g | Calories: 690kcal | Carbohydrates: 72g | Protein: 11g | Fat: 41g | Saturated Fat: 26g | Trans Fat: 1g | Cholesterol: 60mg | Sodium: 570mg | Fiber: 6g | Sugar: 34g | Vitamin C: 28mg | Calcium: 80mg | Iron: 2.3mg | Folate: 0mcg



Oreo Mug Cake

5 chocolate, cream-filled
sandwich cookies
1 tablespoon cocoa powder
1 tablespoon plus 1 teaspoon
all-purpose flour
1 tablespoon granulated sugar

$\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{3}$ cup whole milk
Optional: Whipped topping and mini
cookies for topping

1. Place 4 cookies into an 8-10 ounce microwave-safe mug.
2. Use a fork to break the cookies into crumbs.
3. Add cocoa, flour, sugar, baking powder and salt. Stir.
4. Add vanilla extract and milk. Stir well to combine.
5. Place the last cookie on top of the cake batter and press down so the cookie is just submerged in the batter.
6. Microwave for 1 minute on high power. Check the edges for doneness. Microwave an additional 15-30 seconds, if necessary.
7. Let rest for 1-2 minutes. Cake will be very hot.
8. Serve with whipped topping and mini cookies, if desired.

YIELD: 1 serving.

NUTRITION INFORMATION: Serving size: 1 cake, 172g | Calories: 650kcal | Carbohydrates: 110g | Protein: 33g | Fat: 9g | Saturated Fat: 2g | Trans Fat: 0g | Cholesterol: 15mg | Sodium: 1060mg | Fiber: 3g | Sugar: 77g | Vitamin C: 5mg | Calcium: 1210mg | Iron: 5mg | Folate: 48mcg

2026 KANSAS WHEAT COMMISSION

Recipe Book



For more recipes, wheat facts and farmer stories:

eatwheat.org



Kansas Wheat Commission

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