

Fudge Nut Bars



Kansas Governor Carlin signs the Wheatheart's Bake and Take Day Proclamation for the annual observance on March 22, 1980. This recipe appeared in the *Wheat Gleanings*, a bulletin from the Kansas Association of Wheat Growers for wheat farmers.

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

FUDGE FILLING

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

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.

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 dough: In stand mixer bowl fitted with the whisk attachment, or a handheld electric mixer, cream together the butter and sugar until light and fluffy. Mix in eggs and vanilla.
 3. In medium bowl, whisk flour, salt and soda. Stir in oats. Gradually add to creamed mixture and mix until well combined. Set aside.
 4. For filling: In saucepan, melt chocolate chips, condensed milk and butter; gently stir until the chocolate chips have melted. (Can also be done in the microwave.) Stir in nuts and vanilla.
 5. Press two-thirds of the 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.

Honey Wheat Bread



In 1973 the Kansas Wheathearts published this bread recipe. The original instructions were to mix ingredients in a bowl with a wooden spoon and knead the dough by hand. Update the recipe, use your stand mixer and let the dough hook do the kneading.

INGREDIENTS

- 4 ¼ - 4 ½ cups bread flour, divided
- 2 (1/4 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
- 2/3 cup chopped walnuts or pecans

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.

Test Kitchen Note:

This recipe yields about 3½ pounds of dough. This dough is also excellent for cinnamon rolls.

1. In a large bowl combine 2 cups bread flour with the yeast.
 2. Heat the water, cottage cheese, margarine, salt and honey until very warm (120°F-130°F).
 3. Add the warm liquid to the flour mixture. Mix well.
 4. Stir in the whole wheat flour, eggs, oats and nuts. Gradually add enough remaining flour to make a soft, workable dough.
 5. Knead dough until smooth and elastic, 8 – 10 minutes. Place in greased bowl; cover, let rise until doubled, about 1 hour.
 6. Punch down dough and divide in half; shape into two loaves. Place in greased 9 x 5 x 3-inch loaf pans.
 7. Cover; let rise until doubled, about 1 hour. Near the end of the rise, preheat oven to 350°F.
 8. Bake loaves 40-45 minutes or until golden and internal temperature is 200°F-205°F. To keep from overbrowning, tent with foil the last 5 – 10 minutes. Remove from pans and let cool on rack.
- Yield: 2 large loaves, 16 servings each.

Whole Wheat Sugar Cookies



This whole wheat cookie recipe appeared in an early Kansas Wheat-hearts Bake and Take Day brochure and has been a long-time favorite cookie. It is easy to make and deliver to an elderly person or special friend.

INGREDIENTS

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

Topping

1/2 teaspoon ground cinnamon
2 tablespoons granulated sugar

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.

Test Kitchen Note:

We recommend White Whole Wheat Flour in these "100% whole grain" cookies.

1. Preheat oven to 375°F and lightly grease or line three cookie sheets with parchment paper.
2. For the topping: Mix together in a shallow bowl the cinnamon and sugar.
3. In a medium bowl, whisk together whole wheat flour, baking powder, baking soda, salt and nutmeg. Set aside.
4. In a large bowl, cream together the butter and sugar with an electric mixer until light and fluffy. Use a rubber spatula to scrape the sides of the bowl once or twice while mixing. Slowly add the egg, orange zest, vanilla and milk; mix until combined.
5. Gradually stir in the flour mixture and mix until combined.
6. Shape into 1-inch balls and roll in topping; place on cookie sheets 2 inches apart. Flatten slightly with bottom of a glass.
7. Bake cookies 8–10 minutes, until golden brown. Remove from oven and let set 1–2 minutes then transfer cookies to a wire rack to cool.
8. Store the cookies in an airtight container at room temperature or freeze.

Yield: 36 Cookies

Pumpkin Bran Muffins



This recipe appeared in the 1991 Bake and Take with Wheat Foods brochure. The promotion was sponsored by the Kansas Wheat Commission and the Wheat Foods Council.

INGREDIENTS

1 1/2 cups 100% bran cereal* (Kellogg's® All-Bran Original Wheat bran cereal)
3/4 cup raisins
1/2 cup boiling water
3/4 cup low-fat buttermilk
3/4 cup granulated sugar
1 large egg, slightly beaten
1/2 cup canned pumpkin
1/4 cup vegetable oil
1 1/4 cups all-purpose flour
1 1/4 teaspoons baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves or ground nutmeg
1/4 teaspoon ground allspice

NUTRITION INFORMATION

PER SERVING (1 MUFFIN, 69g): 160 calories, 35 calories from fat, 4 g total fat, 1 g saturated fat, 0g trans fat, 10mg cholesterol, 190mg sodium, 30g carbohydrate, 3g dietary fiber, 17g sugars, 3g protein, 43mcg folate, 0mg vitamin C, 3mg iron.

Test Kitchen Note:

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

1. Preheat oven to 400°F. Line two standard-size (2 1/2 x 1 1/4-inch) muffin pans with 16 liners or coat with nonstick cooking spray.
2. In a large bowl, combine cereal, 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 the flour, soda, salt, cinnamon, cloves and allspice.
5. Add the flour mixture to the pumpkin mixture; mix until incorporated. Do not overmix.
6. Divide the batter among the prepared pans, filling each three-quarters full.
7. Bake 18 – 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. The internal temperature should be 200°F - 205°F on an instant-read thermometer. Remove the muffins and set them on a wire rack to cool.

Yield: 14-16 medium muffins.