



Bake wholesome goodness into every bite.

Try these recipes using Gold Medal® Whole Wheat Flour for an easy—and delicious—way to boost the whole grains in your diet! Whole grains contain natural antioxidants, vitamins and minerals, fiber, complex carbohydrates and phytonutrients that all work together to help maintain good health.

Whole Wheat Chocolate Chip Cookies

Prep Time: 40 Minutes **Start to Finish:** 40 Minutes

- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 1 cup butter or margarine, softened
- 1 teaspoon vanilla
- 1 egg
- 2 cups Gold Medal® Whole Wheat Flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 bag (12 oz) semisweet chocolate chips (2 cups)

- Heat oven to 375°F. In large bowl, mix sugars, butter, vanilla and egg until blended. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips.
- On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart.
- Bake 8 to 10 minutes or until light brown (centers will be soft). Cool 2 minutes; remove from cookie sheets to cooling racks.

Makes 3 dozen cookies

High Altitude (3500-6500 ft): No change.

1 Cookie: Calories 160 (Calories from Fat 70); Total Fat 8g (Saturated Fat 5g); Cholesterol 20mg; Sodium 110mg; Potassium 80mg; Total Carbohydrate 19g (Dietary Fiber 1g); Protein 1g
% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 0%; Iron 4%; Vitamin D 0%; Folic Acid 0%

Exchanges: ½ Starch, 1 Other Carbohydrate, 1 ½ Fat

Carbohydrate Choices: 1

2008 © and ®/™ of General Mills

Variation: Add 1 cup coarsely chopped nuts with the chocolate chips.



Hawaiian Whole Wheat Pizza

Prep Time: 15 Minutes **Start to Finish:** 55 Minutes

- 1 package regular active or fast-acting dry yeast
- 1 cup warm water (105°F to 115°F)
- 2 ½ cups Gold Medal® Whole Wheat Flour
- 2 tablespoons vegetable oil
- ½ teaspoon salt
- 1 tablespoon vegetable oil
- 1 tablespoon whole-grain cornmeal
- 1 teaspoon Gold Medal® Whole Wheat Flour
- 1 can (8 oz) pizza sauce
- 2 cups shredded Italian mozzarella cheese (8 oz.)
- 1 package (6 oz) sliced Canadian bacon, cut into fourths
- 1 can (8oz) pineapple chunks, well drained
- ½ cup thinly sliced red onion
- 1 small green bell pepper, chopped (½ cup)

- In medium bowl, dissolve yeast in warm water. Stir in 2 ½ cups flour, 2 tablespoons oil and the salt. Beat vigorously 20 strokes with spoon. Let dough rest in bowl 20 minutes.
- Meanwhile, move oven rack to lowest position; heat oven to 425°F. Grease cookie sheet with 1 tablespoon oil; sprinkle with cornmeal.
- Place dough on cookie sheet; sprinkle with 1 teaspoon flour. With floured fingers, pat dough into 12x10-inch rectangle; pinch edges to form ½-inch rim. Spread pizza sauce over dough. Top with remaining ingredients.
- Bake 15 to 20 minutes or until edges of crust is golden brown.

Makes 8 servings

High Altitude (3500-6500 ft): No change.

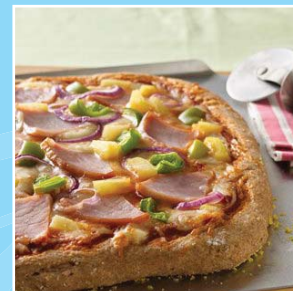
1 Serving: Calories 350 (Calories from Fat 120); Total Fat 14g (Saturated Fat 5g); Cholesterol 30mg; Sodium 680mg; Potassium 440mg; Total Carbohydrate 37g (Dietary Fiber 6g); Protein 19g
% Daily Value: Vitamin A 8%; Vitamin C 10%; Calcium 25%; Iron 15%; Vitamin D 2%; Folic Acid 10%

Exchanges: 2 ½ Starch, 1 ½ Medium-Fat Meat, 1 Fat

Carbohydrate Choices: 2 ½

2008 © and ®/™ of General Mills

Tip: You can vary the flavor by using different toppings such as pepperoni, cooked ground beef or different kinds of cheese.



For more great recipes using Gold Medal® Whole Wheat Flour, please go to [www.GoldMedalWholeWheat.com!](http://www.GoldMedalWholeWheat.com)

The following Gold Medal recipes are brought to you by Eat Better America. Go to eatbetteramerica.com for delicious healthy recipes, free coupons and friendly advice from other folks like you.

“Healthified” Banana-Chocolate Chip Muffins

85% less sat fat • 66% less fat • 38% fewer calories than the original recipe. Calories and fat are peeled away in a high-flavor muffin that's sure to become a family favorite.

Prep Time: 15 Minutes **Start to Finish:** 40 Minutes

Muffins

- 1 2/3 cups Gold Medal® Whole Wheat Flour
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup mashed very ripe bananas (2 to 3 medium)
- 3 egg whites
- 1/4 cup canola oil
- 1/4 cup fat-free (skim) milk
- 1 teaspoon vanilla
- 1/3 cup miniature semisweet chocolate chips



Topping

- 1 tablespoon sugar
- 1/8 teaspoon ground cinnamon

- Heat oven to 375°F. Spray bottoms only of 12 regular-size muffin cups with cooking spray, or line with paper baking cups.
- In large bowl, mix flour, 2/3 cup sugar, baking powder, baking soda, 1/2 teaspoon cinnamon and salt.
- In medium bowl, beat bananas, egg whites, oil, milk and vanilla with fork until smooth. Stir into flour mixture just until flour is moistened. Gently stir in chocolate chips. Divide batter evenly among muffin cups.
- In small bowl, mix topping ingredients. Sprinkle evenly over batter in cups.
- Bake 20 to 24 minutes or until light golden brown and toothpick inserted in center comes out clean. Immediately remove muffins from pan to cooling rack.

Makes 12 muffins

1 Muffin: Calories 210 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 160mg; Total Carbohydrate 33g (Dietary Fiber 3g, Sugars 18g); Protein 3g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%
Exchanges: 1 Starch, 1 1/2 Other Carbohydrate, 1 Fat
Carbohydrate Choices: 2
2008 © and ®/™ of General Mills

Success: One of the secrets to tender muffins is to not overmix the batter. Stir just until the dry ingredients are moistened.

Did You Know? Bananas that are too ripe for eating are perfect for baking. If you can't use them right away, just freeze. They'll turn dark brown on the outside, but be soft and ready for baking (when thawed) under the peel.

Time-Saver: Wrap cooled muffins individually and freeze. You can grab just one for breakfast on the go.

What is "Healthified"?

We've replaced ingredients with great tasting alternatives to create better-for-you recipes that are just as yummy as the original.

“Healthified” Pumpkin Bread

50% less fat • 29% fewer calories • 50% more fiber than the original recipe. We've scooped out some of the fat from this popular bread and spooned in whole wheat flour – delicious!

Prep Time: 20 Minutes **Start to Finish:** 2 Hours 40 Minutes

- 2 cups all-purpose flour
- 1 1/2 cups Gold Medal® Whole Wheat Flour
- 2 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1 can (15 oz) pumpkin (not pumpkin pie mix)
- 1 cup fat-free (skim) milk
- 3/4 cup fat-free egg product
- 1/2 cup canola oil



- Heat oven to 350°F. Spray bottoms only of two 9x5-inch loaf pans with cooking spray. In large bowl, mix flours, sugar, baking soda, baking powder, salt, cinnamon, nutmeg, allspice and cloves until well blended.
- In medium bowl, mix pumpkin, milk, egg product and oil until well blended. Stir into flour mixture until well blended. Spoon batter evenly into pans.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 1 hour.

Makes 2 loaves (12 slices each)

High Altitude (3500-6500 ft): Decrease baking soda to 1 1/2 teaspoons.

1 Serving: Calories 190 (Calories from Fat 45); Total Fat 5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 240mg; Total Carbohydrate 32g (Dietary Fiber 2g, Sugars 18g); Protein 3g

% Daily Value: Vitamin A 60%; Vitamin C 0%; Calcium 4%; Iron 6%

Exchanges: 1 Starch, 1 Other Carbohydrate, 1 Fat

Carbohydrate Choices: 2

Substitution: You can substitute 1/2 cup ground flaxseed for 1/2 cup of the whole wheat flour if desired.

Did You Know? Bread can be baked in three 8x4-inch loaf pans. Reduce baking time to 50 to 60 minutes or until toothpick inserted in center comes out clean.

Whole Grain Blueberry Waffles

Top these hearty waffles with pure maple syrup and additional blueberries for a sensational brunch dish!

Prep Time: 20 Minutes **Start to Finish:** 20 Minutes

- 3/4 cup all-purpose flour
- 1/2 cup Gold Medal® Whole Wheat Flour
- 1/2 cup quick-cooking oats
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 1 1/2 cups fat-free (skim) milk
- 2 tablespoons vegetable oil
- 1 egg
- 1 cup Cascadian Farm® frozen organic blueberries, thawed, drained



- Lightly spray waffle iron with cooking spray; heat waffle iron. In large bowl, stir together flours, oats, baking powder and sugar. In small bowl, stir together milk, oil and egg. Stir into dry ingredients in large bowl, stirring just until large lumps disappear. Gently stir in blueberries.
- Pour slightly less than 1 cup batter onto center of hot waffle iron, spreading batter to edges. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
- Bake 3 to 5 minutes or until waffle is golden brown. Carefully remove waffle. Serve immediately. Repeat with remaining batter.

Makes 6 servings (2 waffles each)

High Altitude (3500-6500 ft): Decrease baking soda to 1 1/2 teaspoons.

1 Serving (2 Waffles): Calories 230 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 35mg; Sodium 280mg; Total Carbohydrate 35g (Dietary Fiber 3g, Sugars 9g); Protein 7g

% Daily Value: Vitamin A 4%; Vitamin C 4%; Calcium 25%; Iron 10%

Exchanges: 2 Starch, 1/2 Fruit, 1 Fat

Carbohydrate Choices: 2

Oats to You: Oats are loaded with fiber—the soluble kind that helps to lower blood cholesterol. Start slowly so you have time to get used to more fiber!