

# Whole Grains

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*Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.*

## Kid-Friendly Eating Tips

- Offer maple granola (oats) as an alternative to cereal for breakfast.
- Cornbread (whole cornmeal), with a light coat of maple syrup on the top.
- Quinoa or wheat berry salad: mix in a few in-season veggies and toss with olive oil, salt and pepper.
- Popcorn is an excellent snack—instead of tossing it with butter, try olive oil, salt and pepper.
- Rice and beans.



## Tidbit

Whole grains have deeply influenced the history and evolution of human civilization and have origins throughout the world. Whole grains are members of the true grass family, Poaceae. When eating a whole grain, you are receiving the greatest nutritional value. Enjoy a spectrum of whole grains: wheat berry salad, popcorn with olive oil, fresh garlic and salt, rice and beans or oat-based granola!

## Whole vs. Refined Grain

Wheat is consumed both as a whole grain (whole wheat flour) and as a refined grain (white flour). Whole grain maintains all of the critical parts and naturally occurring nutrients of the entire grain seed—no nutritional value is lost. In contrast, when you consume white flour, only the endosperm of the grain seed is used, thus eliminating the nutrients contained within the bran and germ.

## Storage Tips

- Avoid air, heat and moisture: store in airtight containers on a cool, dry shelf.
- Intact grains, stored properly, have a longer shelf life: 6 months on the shelf and up to a year in the freezer.
- Flours and meals, stored properly, have a shorter shelf life: 1-3 months on the shelf and 2-6 months in the freezer.

## RECIPES ✂

### Maple Granola

**Yield:** 5 cups

**Ingredients:**

- 4 ½ cups old fashioned oats or oat groats
  - ¼ cup raisins
  - ¼ cup dried apple slices
  - 2 Tbsp. flaxseed
  - 2 tsp. ground cinnamon
  - ½ cup vegetable oil
  - ½ cup maple syrup
- serve with yogurt (optional)

**Directions:**

1. Preheat oven to 350 °F.
2. Combine all dry ingredients, except dried fruit, and stir until everything is well distributed. Add oil first and then liquid sweetener, and stir until well combined.
3. Pour out onto a large rimmed cookie sheet and place in oven. Bake for a total of about 20 minutes, stirring every five minutes. Try it on the cautious side to see how your oven behaves. You don't want to burn it!
4. Granola is done when it is browned and crispy. Remove from the oven. Mix in dried fruit.

Source: GMFTS.

### Whole Wheat Apple Muffins

**Yield:** ~1 dozen muffins

**Ingredients:**

- |   |                        |
|---|------------------------|
| ¾ cup all-purpose flour                     | ½ cup applesauce       |
| ¾ cup whole wheat flour                     | 1 egg                  |
| ½ cup honey or sugar                        | ⅓ cup milk             |
| ½ tsp. salt                                 | 1 tsp. vanilla extract |
| 2 tsp. baking powder                        | ⅓ cup vegetable oil    |
| 2 cups apples (sub berries, when in-season) |                        |

**Directions:**

1. Preheat oven to 400 °F and grease muffin cups or line with paper liners.
2. Whisk together flour, sugar, salt and baking powder.
3. In a separate bowl, mix together 2 Tbsp. of the dry mixture with the apples, coating them, so they don't settle to the bottom of your muffins as they bake.
4. Whisk applesauce, egg, milk, vanilla and oil together in a separate bowl, until smooth.
5. Stir the wet ingredients into the flour mixture. Add the coated apples.
6. Spoon the batter into the prepared muffin cups, filling them ¾ full.
7. Bake muffins in the oven until they rise and are golden brown, ~20 minutes.

Source: GMFTS.

Maple Granola

Whole Wheat Apple Muffins