

Using and Storing Wheat Flours



Wheat flours are used in many baked products, including breads, cakes and pasta. When served with legumes or dairy foods, wheat is a good source of protein.

How to Store Wheat Flours

White Flours - Store in an airtight container in a cool, dry place. Flour will stay fresh up to one year.

Whole Wheat Flours - Store in an airtight container in the refrigerator to prevent rancidity. The higher fat content of these flours decreases their shelf life. When properly stored, whole wheat flours will keep for 6 to 8 months. Freeze for longer storage.

Nutritional Value

Most nutrients are removed from white flour in the milling process. Some are added back when the flour is enriched. Enriched white flour is a good source of iron, thiamin, riboflavin and niacin. Whole wheat flour is slightly higher in these nutrients and also contains significant amounts of vitamin B₆, folic acid, magnesium, zinc and potassium.

How to Measure Flour

To measure whole-grain flour, stir lightly with a fork—do not sift. Place flour in a measuring cup and level with a straight edge of a knife.

To measure sifted or unsifted white flour, spoon tablespoons of the flour lightly into

measuring cup until flour overflows the cup. Do not pack the flour by shaking the cup. Level cup with the straight edge of a knife.

Type of Wheat Flours

White Flours: Bran and wheat germ are removed during milling; may be bleached or unbleached.

All purpose flour: Blend of hard and soft wheat suitable for most household cookery purposes.

Pastry flour: Made from soft wheat with a lower protein (gluten) content. Used for pastries, cookies and quick breads.

Bread flour: Made from hard wheat. Has a higher protein (gluten) content, allowing dough to expand. Used for baked products in which yeast is the leavening agent.

Unbleached White Flour

Processing is the same as for regular white flour, except bleaching step is omitted; slightly higher in nutritional value than bleached flour; usually available as an all-purpose flour.

Whole Wheat Flour (also called Graham Flour)

Contains all components of the original wheat kernel; available as an all-purpose blend, pastry flour and bread flour.



Whole Wheat Muffins

1 cup sifted flour
1 cup whole wheat flour
4 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
2 tablespoons sugar
1 cup milk
1 egg, beaten
2 tablespoons melted fat

Mix together the flours, salt, sugar and baking powder. Add the milk, beaten egg and melted fat gradually and stir only enough to mix all ingredients. Pour into well-greased muffin tins, filling tins about two-thirds full. Bake 20 to 25 minutes at 400°F.

This makes 12 good-sized muffins.

Quick Sweet Whole Wheat Bread

2 $\frac{1}{2}$ cup whole wheat flour
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
2 teaspoons double-acting baking powder
1 teaspoon baking soda
1 egg, beaten
 $\frac{1}{2}$ cup molasses
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup vegetable oil
1 teaspoon grated lemon or orange peel
 $\frac{2}{3}$ cup yogurt or buttermilk

Mix together the flour, cinnamon, salt, baking powder and baking soda. In a separate bowl,

combine the beaten egg, molasses, brown sugar, oil and lemon or orange peel. Add the flour mixture alternately with the yogurt to the egg mixture. Pour into a greased 9x5 inch loaf pan and bake at 375°F. for 50 minutes.



Would you like additional information?

Additional information is available on-line. Please see [MSU Extension-Oakland County's publications](#) as well as [MSU Extension's Bulletin Office](#) on campus.

Reviewed by Robin Danto, Food and Nutrition Extension Educator, MSU Extension—Oakland County, April 2011.

Contact our [Food Safety and Nutrition Hotline](#) (248/858-0904) for questions regarding food safety, nutrition, food preservation and foods. The hotline is staffed Monday through Thursday 6:30 a.m.—4:30 p.m.

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