
WHITE WHEAT

Give your baking a nutrient boost!

Cooking with White Whole Wheat Flour

If you're replacing regular whole wheat flour with white whole wheat flour, you can swap in the white whole wheat flour without having to change any proportions or measurements.

The result will be a baked good that is lighter in color and smoother in texture, with a more delicate flavor than traditional whole wheat foods.

If you're replacing all-purpose flour with white whole wheat flour, it may be wise to begin by only replacing some of the all-purpose flour. That way, you can make sure that you like the texture and flavor before switching in more of the white whole wheat flour. Start by replacing 1/3 to 1/2 of the all-purpose flour in your recipe with white whole wheat flour.

What is White Whole Wheat Flour?

White whole wheat flour comes from the white wheat berry. This is different than most other wheat flours, which usually are milled from red wheat berries. Red wheat berries are darker and less sweet than white wheat berries.

White whole wheat flour is made from the entire wheat berry, which means that it is, in fact, a whole grain flour.

Since the bran and germ of the wheat berry are still part of the resulting flour, white whole wheat flour has more fiber and nutrients than traditional all-purpose flour.

