

Idaho Wheat

Idaho Wheat Facts

- Wheat is grown in 42 of 44 counties in Idaho and 42 of the 50 states in the United States.
- Idaho ranks 5th in the nation in wheat production with over 106 million bushels produced in 2010.
- Wheat is measured in bushels. A bushel weighs about 60 pounds and will make about 73 loaves of bread or 53 boxes of cereal.
- One acre (an area about the size of a football field) can produce enough wheat to provide your family with bread for about 10 years.
- Besides bread, wheat is used to make cereals, crackers, noodles, cakes, cookies, and even licorice!

Nutrition Facts

- Carbohydrates from wheat provide the energy you need to play, learn, sleep, and keep your body running.
- Make half your grains whole: half of the grains you eat each day should be whole grains.
- Whole grains, like whole wheat bread, provide fiber and other nutrients that help keep your body healthy.
- Not all brown breads are whole grain. The only way to tell if a food is a true whole grain is to read the label. The label should list "Whole Wheat Flour" as one of the first ingredients.



Honey Pear Muffins

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 cup buttermilk, room temperature
- 1/4 cup butter, melted and slightly cooled
- 1/4 cup honey
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup diced pear (1 medium fresh pear)

Directions:

1. Preheat oven to 375 degrees F. Line muffin pans with paper liners or coat with cooking spray. Set aside.
2. In a large bowl, whisk together flours, sugar, baking powder, salt, cinnamon, ginger, and nutmeg. Set aside.
3. In a small bowl, whisk together buttermilk, butter, honey, egg, and vanilla. Pour the liquid mixture over the dry ingredients and stir until flour disappears. Gently stir in the pears.
4. Fill muffin cups 3/4 of the way full. Lightly sprinkle each with sugar if desired and bake for 18-20 minutes or until a toothpick inserted in the middle comes out clean. Let cool for 5 minutes. Serve warm. Top Honey Pear Muffins with a drizzle of honey for an extra special treat!

Nutrition: 15 muffins

Adapted from: <http://www.twopeasandtheirpod.com/honey-pear-muffins/>

