

Hearty Whole Grains

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Children need whole grains every day. These grains have B vitamins, minerals, and fiber to keep your child healthy. It's easier to help your child in the habit of eating and enjoying whole grains if you start when they are young. Here are ways you can enjoy whole grains. Check off the ones you have tried.

Add your own ideas to the list, too!

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| <input type="checkbox"/> Whole-wheat bagels, rolls and bread | <input type="checkbox"/> Whole-wheat pancakes or waffles |
| <input type="checkbox"/> Whole-grain cereal | <input type="checkbox"/> Whole-wheat crackers |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Whole-wheat pasta | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-grain tortillas | <input type="checkbox"/> _____ |

Whole-Wheat Cinnamon Raisin Biscuits

Try these sweet little biscuits hot out of the oven! They are perfect as a snack with a glass of milk, as a quick breakfast or to compliment a meal.

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| 1 cup whole-wheat flour | 2 teaspoons cinnamon |
| 1 cup all-purpose flour | 6 tablespoons shortening |
| 3 teaspoons baking powder | ¾ cup milk |
| ½ teaspoon salt | ¼ cup raisins, chopped |



1. Wash hands with soap and water. Preheat oven to 425°F.
2. Combine dry ingredients. Cut in shortening until mixture resembles coarse cornmeal.
3. Add milk and raisins; stir until dough leaves side of bowl.
4. Turn dough onto a lightly floured board. Knead about 20 times or until just smooth. Shape into a ball. Pat or roll lightly until 1/2" to 3/4" thick. Cut out biscuits with a floured cutter. Place biscuits on ungreased baking sheet.
5. Bake at 425°F for 12 to 15 minutes. Makes 15-18 small biscuits. Each biscuit contains 110 calories, 5g fat, 180mg sodium, 15g carbohydrate, 2 g sugars, 1.4g fiber, 2.4g protein.

Optional Icing: In a microwave-safe dish combine 1 teaspoon margarine and ½ tablespoon milk. Microwave on medium power until margarine melts. Add ¼ teaspoon vanilla and ½ cup powdered sugar. Stir until smooth. Spread on warm biscuits.

Additional ideas:

- Try using white whole-wheat flour. Get the same nutritional benefits as white flour but with a lighter color and texture.
- A tomato paste can with the “ends” cut out makes a perfect biscuit cutter – inexpensive and results in the perfect “sized” biscuits for little tummies.
- This a great recipe to make with kids. The dough is easy to handle and only takes a few minutes to bake!

For more information check out the Food Fun for Young Children website at: <https://go.unl.edu/food-fun>.

Source: USDA's MyPlate: <https://www.myplate.gov/eat-healthy/grains>