



# BAKE THE BAG

White Whole Wheat

WEEK 3



## WHOLE GRAIN BROWNIES

*You won't believe these brownies are 100% whole wheat! Rich, deeply fudgy, and sporting the perfect texture — moist, but not "wet" — they're a chocolate lover's dream come true.*

### AT A GLANCE

**PREP**  
20 mins

**BAKE**  
30 mins

**TOTAL**  
50 mins

**YIELD**  
2 dozen 2" brownies

### TIPS FROM OUR BAKERS

- ★ *Plan ahead: You'll want to make these brownies one day and serve them the next. The overnight rest softens the whole wheat's bran, yielding brownies with wonderfully smooth, rich texture.*
- ★ *Espresso powder, when used in small quantities, enhances chocolate's flavor without lending any taste of its own. Try it: you'll want to keep some espresso powder on hand for all your favorite chocolate recipes.*



## Whole Grain Brownies

Tasting is believing! These whole wheat brownies are the treat we serve when we're trying to convince folks that baking with whole grains doesn't have to be an exercise in deprivation! Moist, rich, and deeply, darkly chocolate, these brownies are the ones to go through life with.

This recipe is featured in our Bake the Bag challenge: a series of nine recipes that, when baked, take you through an entire 5-pound bag of white whole wheat flour. Want to see the rest of the challenge recipes? Sign up to Bake the Bag!

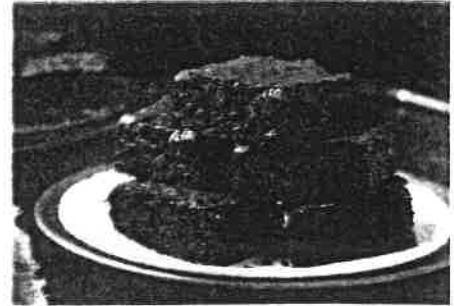
- 16 tablespoons (1 cup) unsalted butter, softened
- 2 cups light brown sugar
- 3/4 cup Dutch-process cocoa
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon espresso powder, optional but recommended
- 1 tablespoon vanilla extract
- 4 large eggs
- 1 1/2 cups King Arthur White Whole Wheat Flour, organic preferred
- 2 cups semisweet or bittersweet chocolate chips

### Directions

1. Preheat the oven to 350°F. Lightly grease a 9" x 13" pan; line the pan with parchment paper if desired.
2. In a medium-sized microwave-safe bowl, or in a saucepan set over low heat, melt the butter, then add the sugar and stir to combine.
3. Return the mixture to the heat (or microwave) briefly just till it's hot (about 110°F to 120°F) but not bubbling. Don't worry if it separates; just stir it briefly to recombine a bit. Heating this mixture a second time will dissolve more of the sugar, which will yield a shiny top crust on your brownies.
4. Transfer the mixture to a bowl, and stir in the cocoa, salt, baking powder, espresso powder if using, and vanilla.
5. Add the eggs, stirring till smooth.
6. Then add the flour and chips, again stirring till smooth. Spoon the batter into the prepared pan.
7. Bake the brownies for 30 minutes, until a cake tester or sharp knife poked into the center reveals wet crumbs, but not raw batter. The brownies should feel set on the edges and in the center. Remove them from the oven, and cool completely on a rack.

### Tips from our bakers

- You can add 1 cup of nuts, or try other flavor combinations that appeal to you: toffee chips, or white chocolate, peanut butter, cappuccino, or mint chips. The total volume of mix-ins shouldn't exceed 3 cups, and may increase baking time by 3 to 5 minutes.
- If you want to cut shapes out of the brownies, line the baking pan with a sheet of parchment paper. Use a paper or metal spring clip to secure the parchment to the edge of the pan so it doesn't flop down on the batter as it bakes. After the brownies are cool, you can use the parchment to lift the slab of brownies out of the pan, making them easier to frost or glaze, and cut.
- We discovered something interesting when sampling these. For those finicky about texture (kids!), try waiting 24 hours before cutting into these brownies. Why? The wait gives the wheat bran a chance to soften and "disappear," texture-wise.



### AT A GLANCE

PREP  
20 mins.

BAKE  
30 mins.

TOTAL  
50 mins.

YIELD  
2 dozen 2" brownies

☞ OVERNIGHT

## WE'RE HERE TO HELP



**BAKER'S HOTLINE**

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