



Nora Mill Granary
7107 South Main Street
Helen, GA 30545

706-878-2375
noramill.com

Whole Wheat Pastry Flour Recipes Nora Mill Whole Wheat Pastry Flour Mix aka “Graham Flour”

Graham Muffins • Tin Can Graham Bread • Drop Biscuits • Pie Crust



Whole Wheat Pastry Flour

(AKA “Graham Flour”)

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Shop online @ www.noramill.com

Old Fashioned Graham Muffins

1 1/2 C. Nora Mill Whole Wheat Pastry Flour
1 C. Nora Mill Wheat Bran
1 tsp. baking powder
1 tsp. salt
1 tsp. baking soda
1 T. cooking oil
1/3 C. brown sugar
2 eggs
1 1/2 C. buttermilk

Preheat oven to 425° F. Mix Nora Mill Whole Wheat Pastry Flour, Nora Mill Wheat Bran, baking powder, salt, sugar and soda in bowl. In small bowl, mix eggs, oil and milk. Add liquids to dry ingredients. Spoon batter into greased muffin pans, filling 2/3 full. Bake 20 minutes or until golden brown.

VARIATION: Add 1/2 C. nuts or raisins.





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Whole Wheat Pastry Flour Recipes (continued)

Tin Can Graham Bread

- 3 C. Nora Mill Whole Wheat Pastry Flour
- 1 C. raisins or currants
- 1 C. brown sugar
- 2 C. buttermilk or sour milk
- 2 tsp. soda

Combine Nora Mill Whole Wheat Pastry Flour, raisins and sugar. Add tsp. soda to each cup of milk, stirring until dissolved. Add milk (with soda) and stir until dampened. Divide dough into four equal portions and place in flour greased 16 ounce cans, or put in two greased loaf pans. Bake at 350° F. for about 35 minutes. Let cool in cans for 10 minutes before removing.

Whole Wheat Drop Biscuits

- 2 C. Nora Mill Whole Wheat Pastry Flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 4 T. butter
- 2 C. milk
- 1 1/2 C. Nora Mill Wheat Bran

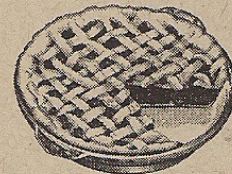
Stir flour, baking powder, and salt together. Blend the butter into the flour mixture with pastry blender or by cutting into it with two knives until you have pea-sized pieces of butter covered flour. Toss the bran in. Then add the milk slowly, stirring well. Drop the dough onto a greased cookie sheet by teaspoonfuls. Space biscuits about 1 1/2 inches apart. Bake at 450° F. for 12 to 15 minutes.

Whole Wheat Pie Crust.

- 1 C. Nora Mill Wheat Pastry Flour
- 1 C. all purpose flour
- 1 tsp. salt
- 3/4 C. shortening
- 4 – 5 T. cold water

Stir together flours and salt. Cut in shortening. Sprinkle water over mixture and stir lightly until evenly moistened. Form into two balls with hands. Roll out on lightly floured pastry cloth. Makes one 2-crust pie or two single crust pies.

To bake a pie shell without filling prick bottom and sides of shell with a fork and bake at 425° F. for 15 minutes.



Ingredients: 100% stone ground wheat.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

