

Quick Homemade Wheat Bread



Ingredients:

- 3 cups warm water, not boiling
- 1 tablespoon active dry yeast
- 2/3 cup maple syrup, agave, or honey
- 1/3 cup olive oil, plus a little extra for hands
- 7 1/2 cups whole wheat flour
- 1 tablespoon salt
- 2 tablespoons milled flaxseed (optional)
- 2 tablespoons whole oats (optional)
- 2 tablespoons butter (optional)
- Cooking spray

Instructions:

1. Heat oven to 200 F. Spray two small loaf pans with non-stick cooking spray and set to the side.
2. Place warm water in large mixing bowl. Add yeast and stir. Stir in honey and let proof (start to form a creamy foam) for 5 minutes.
3. Add oil, flour, and salt to the yeast mixture. Add once cup of flour, flaxseed, and oats to the wet mixture. Stir to incorporate, before adding more flour, 1 cup at a time. If using a mixer with a dough hook, add two cups of flour at a time.
4. Knead the dough with the mixer for 10 minutes, or with floured hands until dough is easy to work with and not sticky.
5. Place a little oil on hands and shape into two bread loaves. Place in prepared pans.
6. Place pans in oven to allow bread to raise for about 20 minutes.
7. Turn oven to 350 F after the bread has risen. Leave bread in oven and set timer for 25 minutes.
8. Once bread is golden brown, remove from oven and spread butter all over warm loaves. Let cool for several minutes before removing from pans.
9. Once cooled, store the bread in an airtight container, or place in the freezer until ready to use.

Makes 2 loaves.



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