

# Whole Wheat Bread

Making your own bread may seem intimidating, but the process becomes simple and easy in no time. You will love the taste and aroma of fresh baked bread filling your home.

Serves 16



## Ingredients

- 4 ¼ teaspoons active dry yeast
- 2 ¼ cups (divided) very warm water
- ⅓ cup instant dry milk
- 2 tablespoons olive oil
- 2 tablespoons honey
- ½ tablespoon salt
- 2 cups whole wheat flour
- 2-3 cups bread flour

## Directions

1. Combine yeast and ¼ cup of water in large mixing bowl or bowl of a heavy-duty stand mixer.
2. Let stand about 5 minutes.
3. Meanwhile, combine remaining water, dry milk, oil, honey, and salt in a medium bowl and stir to combine.
4. Add milk mixture to yeast and stir gently.
5. Add whole wheat flour to the yeast mixture and mix by hand or on low speed for 1 minute.
6. Gradually add the remaining flour until dough is moist but not sticky.
7. Knead bread on a clean surface for approximately 10 minutes or until the dough is smooth and elastic.
8. Transfer to a large oiled bowl and turn in bowl so dough is well oiled. Cover loosely with plastic wrap or a clean towel until dough doubles in size, about 1 to 1½ hours depending on room temperature.
9. Punch down dough and knead briefly.
10. Return to bowl and let rise until double the size again (you can skip this step but the bread is better if you have time for this rise).
11. Grease 2 bread pans.
12. Divide dough in half and form into 2 loaves.
13. Let rise until loaves just come over the top of the pan. Preheat oven to 450 degrees.
14. Bake bread for 10 minutes.
15. Reduce heat to 350 degrees and bake about 30 minutes more or until loaves are nicely brown and sound hollow when thumped.
16. Remove the loaves from the pan and let cool completely before cutting.

## Nutrition Facts

Serving Size about 1 slice  
Servings Per Recipe about 16

Amount Per Serving

Calories 160    Calories from Fat 20

% Daily Value\*

Total Fat 2.5g    4%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 230mg    10%

Total Carbohydrate 30g    10%

Dietary Fiber 2g    8%

Sugars 3g

Protein 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

