

Sarah's Healing Touch

Whole Wheat Bread

Ingredients:

- 1 ¼ cups warm water (not hot)
- 1 Tbsp yeast
- 1/3 cup sucanat
- 2 ¾ cup Whole Wheat flour
- ¼ c Vital Wheat Gluten (You can find this at Walmart in the baking aisle, or at some health food stores)
- 1 tsp salt
- 2 Tbsp dry milk
- 1 Tbsp Butter
- 1 Tbsp vinegar

Directions:

In a mixing bowl add the warm water and the yeast and let sit until the yeast is bubbly. Add in the rest of the ingredients and mix with Kitchenaid mixer for about 2 minutes. Your dough should be soft and springy to the touch, not too wet. If it is still a bit moist, throw in a small dusting of flour and mix until the right consistency.

Cover and let rise until doubled. The time will depend on the conditions of your home. Mine takes anywhere from 30 minutes to an hour.

Once doubled, punch down and form into a loaf shape. Grease bread pan and place in your dough. Cover with greased Saran Wrap and let rise until over the top of your bread pan.

Bake at 350° for 30 minutes, or until browned a bit on top.

Rejuvenate Refresh Relax