

Happy~Healthy~Blessed

Whole Wheat Bread



Ingredients:

- 3 cups warm water
- 2 T. active dry yeast
- 1/3 cup Raw honey
- 5 cups Organic whole wheat flour
- 3 tablespoons Organic canola oil
- 1/3 cup Raw honey
- 1 tablespoon Real salt
- 3 1/2 cups Organic whole wheat flour
- 2 tablespoons Organic canola oil

Directions:

1. In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups whole wheat flour bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.
2. Mix in 3 tablespoons canola oil, 1/3 cup honey, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.
3. Punch down, and divide into 2 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch.
4. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons canola oil when done to prevent crust from getting hard. Cool completely

Rejuvenate Refresh Relax