

Simple Whole Wheat Bread



Simply a great-tasting and easy-to-make whole wheat bread.

By NITA CRABB



Prep: 20 mins

Servings: 36

Cook: 30 mins

Yield: 3 loaves

Total: 3 hrs

Additional: 2 hrs 10 mins

Ingredients

- ☐ 3 cups warm water (110 degrees F/45 degrees C)
- ☐ 2 (.25 ounce) packages active dry yeast
- ☐ 1/3 cup honey
- ☐ 5 cups bread flour
- ☐ 3 tablespoons butter, melted
- ☐ 1/3 cup honey
- ☐ 1 tablespoon salt
- ☐ 3 1/2 cups whole wheat flour
- ☐ 2 tablespoons butter, melted



Directions

In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.

Mix in 3 tablespoons melted butter, 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.

Punch down, and divide into 3 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch.

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 melted butter or margarine when done to prevent crust from getting hard. Cool completely.



Nutrition Facts

Per Serving:

134 calories; 2.1 g total fat; 4 mg cholesterol; 207 mg sodium. 25.9 g carbohydrates; 3.8 g protein;