



# 100% Whole Wheat Bread

## Ingredients:

2 cups water, 80 °F.  
1 (¼ ounce) package or 2¼ teaspoons active dry yeast  
2 tablespoons honey, molasses or sugar  
6 cups whole wheat flour  
2 eggs  
¼ cup melted butter or vegetable oil  
2 teaspoons salt

**Preparation Time:** 2 hours  
**Baking Time:** 30 to 35 minutes  
**Makes:** 2 loaves; 16 slices per loaf  
**Serving:** 1 slice

## Directions:

1. Combine water, yeast, honey and 3 cups whole wheat flour in large mixing bowl. Mix well for about 3 minutes. Cover; let stand 15 minutes or up to overnight (in the refrigerator).
2. Stir or mix down the yeast mixture (sponge dough). Add eggs, melted butter or salt. Mix until well blended.
3. Stir in enough remaining flour until dough forms a ball and pulls away from sides of the bowl.
4. Place dough on lightly floured surface; knead about 10 minutes until smooth and elastic. Place dough into large greased bowl; turn dough, greased-side is up.
5. Cover; let rise about 30 minutes or until double in size in a warm place (80 °F).
6. Divide dough in half and shape into two loaves. Place in two greased 8 ½ x 4 ½ inch pans, cover with damp clean non-terry towel and let dough expand to just above the tops of the pan.
7. Preheat oven to 350 °F. Bake 30 to 35 minutes or until center of loaf is 190-210 °F when tested with a thermometer.
8. Cool loaves on wire cooling racks about 30 minutes before wrapping or slicing.

**Options:** Scald 1 ½ cups milk, cool and substitute for 1 ½ cups of water.

## Family Activity:

Make raisin bread by kneading 2 cups raisins or dried cherries or cranberries into dough or try adding 2 cups chopped and toasted walnuts as you shape loaves.

### Nutrition Facts (1 serving/29g)

Calories: 100, Protein: 4g, Carbohydrates: 17g, Dietary Fiber: 3g, Fat: 3g, Mono Fat: 1g, Poly Fat: 1g, Cholesterol: 13mg, Calcium: 12mg, Potassium: 119mg, Sodium: 153mg

## Fun Fact:

The many varieties of wheat are grouped in six classes (hard red or white winter, hard red or white spring, soft white, durum and soft red winter). The hard wheats, white or red, are best for making loaves of bread.

## Vocabulary:

### Kneading:

Working with dough with the heels of your hands by pressing and folding it and turning the dough a quarter turn after each press and fold. Add as little flour as possible while kneading.