

Honey—Whole Wheat Bread

PREP TIME: 20 MINUTES • START TO FINISH: 3 HOURS 30 MINUTES • 2 LOAVES (16 SLICES EACH) • WHOLE GRAIN SERVING: 1

2 packages regular active or fast-acting dry yeast
½ cup warm water (105°F to 115°F)
⅓ cup honey
¼ cup butter or margarine, softened
2 teaspoons salt
1¾ cups warm water (105°F to 115°F)
5 to 5¼ cups whole wheat flour
Additional butter or margarine, softened

Betty Tip

This super homemade bread gives you a wonderful wheaty flavor with fantastic volume and is 100% whole wheat. It also makes tasty toast the next day!

1 In large bowl, dissolve yeast in ½ cup warm water. Add honey, ¼ cup butter, the salt, 1¾ cups warm water and 4 cups of the whole wheat flour. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough of the remaining 1 to 1¼ cups flour to make dough easy to handle.

2 On lightly floured surface, knead dough about 10 minutes or until smooth and springy. Grease large bowl with shortening or spray with cooking spray. Place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place about 1 hour or until dough has doubled in size. Dough is ready if indentation remains when touched.

3 Grease bottoms and sides of 2 (9 × 5-inch or 8 × 4-inch) loaf pans with shortening or spray with cooking spray. Gently push fist into dough to deflate; divide in half. Flatten each half with hands or rolling pin into 18 × 9-inch rectangle. Fold crosswise into thirds, overlapping the 2 sides. Flatten or roll dough into 9-inch square. Roll dough up tightly, beginning at one of the open (unfolded) ends. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Pinch each end of roll to seal. Fold ends under loaf. Place seam side down in pan. Brush with additional butter; sprinkle with whole wheat flour or crushed oats if desired. Cover; let rise in warm place about 1 hour until dough has doubled in size.

4 Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 375°F. Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove from pans to cooling rack; cool.

1 Slice: Calories 100 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 160mg; Total Carbohydrate 17g (Dietary Fiber 2g; Sugars 3g); Protein 3g % Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4% **Exchanges:** 1 Starch, ½ Fat **Carbohydrate Choices:** 1