2025

**Honey Wheat Bread**

Servings: 2 loaves (8 1/2” x 4 1/2” pans)

**Ingredients:**

2 1/2 teaspoons active dry yeast or instant yeast

3/8 cup lukewarm water (98-105 degrees)

1 1/2 cup whole wheat flour

1/3 cup uncooked steel cut oats

1/2 cup instant non-fat dry milk

2 teaspoons salt

1/3 cup honey

6 tablespoons butter (cut into small pieces)

1 1/2 cups water (very hot - boiling)

1 egg, (at room temperature)

4 – 4 1/2 cups flour (all-purpose or bread flour)

1 teaspoon of melted butter (for loaf top)

**Additional Note:**

This recipe is also excellent for making dinner rolls or hamburger buns.

**Directions:**

1. Put lukewarm water in a small bowl, stir in 1/2 teaspoon of white sugar, sprinkle yeast on top; set aside.
2. In a large mixing bowl, combine whole wheat flour, steel cut oats, powered milk and salt.
3. Add butter pieces and honey.
4. Pour hot water over the mixture.

5 Beat on medium speed until

 all the butter is melted and mixed well.

 6. Let mixture cool 5 minutes until lukewarm.

7. Add egg and the yeast mixture; mix well.

1. Gradually beat in up to 4 cups of flour and mix about 5 minutes. At this point, dough should be pulling away from the sides of the bowl to form a shaggy ball.
2. Transfer dough to a lightly floured board; knead for 3- 5 minutes, adding just enough of the remaining flour to create a smooth, elastic ball of dough.
3. Grease a large bowl with non-stick cooking spray or oil; place dough in the bowl, turning to coat all sides. Put in a warm place until doubled in bulk - about one hour.
4. Punch down the dough and transfer it to a lightly oiled work surface. Divide into two equal parts and shape into two 8-inch loaves; put them into greased or parchment lined 8 1/2” x 4 1/2” bread pans.
5. Let loaves rise 1-2 hours - until dough has crowned 1 - 1 1/2 inches above the edge of the pan. Toward the end of rising time, preheat oven to 350 degrees.
6. Bake for 30-35 minutes until golden brown. (If a thermometer is inserted in the center, it should reach 190 -200 degrees.
7. Remove bread from oven, turn it out of the pan onto a rack to cool. Then, brush tops with melted butter and cover with a paper towel or cloth to keep the crust soft while it cools.
8. Store the bread well-wrapped at room temperature, or freeze for longer storage.