



Whole Wheat Bread

From the kitchen of Rosie Gonzalez, Houston

Preparation time: 2:30 hours

Number of servings: 2 loaves, 20 slices each

Ingredients:

3-5 cups all-purpose flour

2 cups whole wheat flour

3 tablespoons sugar

2 teaspoon salt

2 packages active dry yeast

2 cups water

3 tablespoons margarine

Preparation:

1. Mix 2 cups all-purpose flour, sugar, salt, and yeast in a large bowl.
2. Heat water and margarine until hot (about 120°F).
3. Slowly add liquid to the above mentioned dry ingredients. Beat 2-3 minutes with an electric mixer.
4. Gradually add all wheat flour until well blended. Then, slowly add the rest of the flour to form a soft dough. Don't add too much flour, or dough will be tough.
5. Put dough into lightly floured board and knead for 10 minutes.
6. Place dough in lightly oiled bowl, turning once to lighted coat dough with oil. Cover with a clean cloth and let rise in a warm place until dough doubles in size, about 60 minutes.
7. Punch dough to remove air and divide in half. Let rest for 3-5 minutes.
8. Shape into two loaves and place into lightly oiled 9x5-inch loaf pans.
9. Cover and let rise again for about 40-50 minutes.
10. Bake in a preheated 400°F oven for 30 minutes or until lightly browned.



Nutrition information per serving:

FAT: 12% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 144

TIP

Look for the words “whole wheat” or “whole grain” in the ingredients when buying bread at the store.