

Whole Wheat Bread

Preheat oven to 375°

- 3 $\frac{3}{4}$ to 4 $\frac{1}{4}$ cups whole wheat flour
- 1 packet rapid rise yeast
- 1 $\frac{1}{4}$ teaspoon salt
- 1 $\frac{1}{3}$ cups water
- $\frac{1}{3}$ cup non-dairy milk
- 2 tablespoons oil
- 2 tablespoons honey

1. Combine 2 cups flour, dry yeast and salt in a large bowl and mix until blended
2. Combine oil, water, milk and honey in a small pan. Heat until very warm but not too hot to touch. Keep stirring.
3. Add to flour mix and beat until well blended, scraping the bowl occasionally. Add another cup of flour and keep on mixing. Stir in just enough flour so that the dough will form into a ball.
4. Turn the dough out on a floured surface and knead until smooth and elastic and springs back when lightly pressed with 2 fingers, approx. 6 to 8 minutes.
5. Cover with a towel; let rest for 10 minutes.
6. Roll dough into a 12 x 7 inch rectangle using a rolling pin. Beginning at the short end of the rectangle, roll up tightly. Pinch seams and ends to seal. Place, seam side down, in greased 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ inch loaf pan. Cover with towel; let rise in warm place until doubled in size, about 45 to 60 minutes.
7. Bake in preheated oven for 35 to 45 minutes or until top is golden brown. Cool on wire rack when done baking. Remove from pan by running a knife around the edges.