

Simple Whole Wheat Bread

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- 3 cups warm water (110 degrees)
- 2 (.25 ounce) packages active dry yeast
- 1/3 cup honey
- 5 cups bread flour
- 3 tablespoons butter, melted
- 1/3 cup honey
- 1 tablespoon salt
- 3 1/2 cups whole wheat flour
- 2 tablespoons butter, melted

In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.

Mix in 3 tablespoons melted butter, 1/3 cup honey, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.

Punch down, and divide into 3 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch.

Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not over bake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely.

Makes 36 Servings

baked bread

Nutritional Information, amount per serving:

Calories: 143

Total Fat: 2.2g

Total Carbohydrates: 27.6g

Fiber: 2g